

1.1 BLENDED YMHFA COURSE – REVISION QUIZ



For each of the statements below, please indicate whether they are <u>True or False</u>	True	False	Don't Know
1. Mental health problems are not common in young people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. In Australia, half of all people who experience mental health problems will have had their first episode by the age of 18.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Most young people with mental health problems get some sort of professional help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Asking a young person why they are reluctant to seek professional help is a helpful action that a Mental Health First Aider can take.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The talking therapy, CBT stands for calming behaviour treatment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Antidepressants should be the first line of treatment for young people with mild depression.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Cognitive behaviour therapy (CBT) is an effective psychological therapy for the treatment of depression and anxiety.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Mental Health First Aiders should wherever possible involve the young person in the decision-making process.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Anxiety disorders in adolescence increase the risk for a range of other mental disorders in adulthood.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. If you think someone might be having a panic attack, you should ask if they have had a panic attack before and if they think they are having one now.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. It is useful to think about mental health existing on a continuum, ranging from good mental health to having mental health problems or illness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. When applying Action 3, a Mental Health First Aider can offer reliable resources and information about mental health problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Dieting is an important risk factor for the development of an eating disorder.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. It is best not to try and reason with people having delusions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Most people with psychotic disorders can manage without medication.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Without early intervention, a young person is likely to re-experience more episodes of mental illness later in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Self-injury can be used to help escape from unpleasant, intense feelings such as hopelessness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Any substance use in adolescence should be considered a problem due to the harmful effects substance use can have on the developing brain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Alcohol can increase a young person's risk-taking behaviour, e.g. reckless driving, risky sexual involvements.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>