

1.1a BLENDED YMHFA COURSE - REVISION QUIZ ANSWER SHEET



MENTAL
HEALTH
FIRST AID
Australia

Do not distribute copies to your participants.

1. Mental health problems are not common in young people. **False** – *In Australia, 1 in 4 young people aged 16 – 24 will experience a common mental illness in any year.*
2. In Australia, half of all people who experience mental health problems will have had their first episode by the age of 18. **True** – *In Australia, half of all people who experience a mental illness have their first episode by age 18 and three quarters by age 25.*
3. Most young people with mental health problems get some sort of professional help. **False** – *Most do not, although exact numbers are not known. In Australians aged 16- 85, young people aged 16-24 have the lowest rate of receiving professional help.*
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. **True** – *Asking about any barriers to help seeking can allow the Mental Health First Aider to support a young person to overcome barriers to help-seeking.*
5. The talking therapy, CBT, stands for calming behaviour treatment. **False** – *CBT stands for cognitive behaviour therapy.*
6. Antidepressants should be the first line of treatment for young people with mild depression. **False** – *Talking therapies such as CBT should be the first line of treatment for young people with mild depression.*
7. Cognitive behaviour therapy (CBT) is an effective psychological therapy for the treatment of depression and anxiety. **True** – *Cognitive behaviour therapy is an effective, evidence-based intervention for depression and anxiety.*
8. Mental Health First Aiders should wherever possible involve the young person in the decision-making process. **True** – *Adolescents do have the right to make or be involved in making decisions about their care. It is important to make decisions with the young person not for the young person.*
9. Anxiety disorders in adolescence increase the risk for a range of other mental disorders in adulthood. **True** – *Anxiety disorders in adolescence (and childhood) increase the risk of other anxiety disorders, depression and substance use disorders.*
10. If you think someone might be having a panic attack ask them if they have had a panic attack before and if they believe they are having one now. **True** – *In addition to this, if the young person believes they are having a panic attack, ask if there is anything you can do to help.*
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. **True** – *A young person will vary in their position along the mental health continuum to experience good mental health on one side of the continuum. On the other side of the continuum mental illness affects a young person's thinking, emotional state and behaviour and disrupts the ability to study, work, and engage in satisfying personal relationships.*

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12. When applying Action 3, a Mental Health First Aider can offer reliable resources and information about mental health problems. **True** – *Action 3 involves giving support and information. The support can be emotional support or practical support and the Mental Health First Aider can provide the young person with resources relating to mental health and mental health problems.*
13. Dieting is an important risk factor for the development of an eating disorder. **True** - *For girls, dieting is the single most important risk factor for the development of an eating disorder. This may also be true for boys, but less research is available.*
14. It is best not to try and reason with people having delusions. **True** – *Delusions cannot be reasoned with. They are fixed false beliefs. Acknowledge the person’s distress and seek help for them.*
15. Most people with psychotic disorders can manage without medication. **False** – *It is not realistic to expect to manage a psychotic illness without medication. Many will need to take medication for many years.*
16. Without early intervention, a young person is likely to re-experience more episodes of mental illness later in life. **True** - *Early intervention can prevent problems from getting more serious and reduce the impact of mental health problems in the long-term.*
17. Self-injury can be used to help escape from unpleasant, intense feelings such as hopelessness. **True** – *people may use self-injury to escape a wide range of unpleasant emotions.*
18. Any substance use in adolescence should be considered a problem due to the potential harmful effects on the developing brain and the young person’s mental health. **True** - *Because the brains of adolescents are still developing, alcohol and other drugs have more serious effects in this age group. For example, there is evidence that alcohol use in adolescents affects the development of areas of the brain that control decision-making and memory, and cannabis use in adolescence is associated with lower IQ and poorer memory. Early and frequent use of alcohol and other drugs increases the risk of developing substance use disorders including substance dependence, and other mental disorders such as depressive, anxiety and psychotic disorders.*
19. Alcohol can increase a young person’s risk-taking behaviour, e.g. reckless driving, risky sexual involvements. **True** – *Whilst under the influence of substances, young person is more likely to engage in risk taking behaviour or get into a dangerous situation. Alcohol decreases inhibitions and increases impulsivity.*