Older Adult Mental Health Basics
Quiz

Name ________________________________ Date ___________ Score ___________

Circle your answer to each question listed below.

1. Most mental illnesses begin after age 24.
   a. True
   b. False

2. What percent of older adults get better when they get treatment for depression?
   a. 20%
   b. 50%
   c. 80%

3. The most common mental illness is:
   a. Depression
   b. Anxiety
   c. Obsessive Compulsive Disorder

4. Schizophrenia is where a person has:
   a. Stormy personal relationships
   b. Delusions, false beliefs and/or paranoia
   c. Big moods swings between mania and depression

5. Sadness is the most frequent way older adults say they are depressed.
   a. True
   b. False
6. One in ________ adults has a mental illness in a given year.
   a. 10
   b. 50
   c. 5

7. Mental illness is an illness that affects a person’s thinking, feeling and emotions.
   a. True
   b. False

8. Combative behavior like hitting and yelling are always signs of a mental illness.
   a. True
   b. False

9. A common personality disorder is:
   a. Bi-polar disorder
   b. Substance use disorder
   c. Obsessive compulsive disorder

10. What medical condition is often confused with mental illness?
   a. Schizophrenia
   b. Delirium
   c. Post-traumatic stress disorder (PTSD)