

# Older Adult Mental Health Basics Video Quiz Checker



Name \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_

Correct answers are in **bold**. **Video time codes** can help viewers go to questions they missed on the quiz.

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1. **Most mental illnesses begin after age 24.**

Video segment starting at 04:30

a. True

**b. False**

2. **What percent of older adults get better when they get treatment for depression?**

Video segment starting at 05:15

a. 20%

b. 50%

**c. 80%**

3. **The most common mental illness is:**

Video segment starting at 06:16

a. Depression

**b. Anxiety**

c. Obsessive Compulsive Disorder

4. **Schizophrenia is where a person has:**

Video segment starting at 14:21

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.**

Video segment starting at 08:50

a. True

**b. False**

6. One in \_\_\_\_\_ adults has a mental illness in a given year.

Video segment starting at 01:35

- a. 10
- b. 50
- c. 5**

7. Mental illness is an illness that affects a person's thinking, feeling and emotions.

Video segment starting at 05:52

- a. True**
- b. False

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

Video segment starting at 17:20

- a. True
- b. False**

9. A common personality disorder is:

Video segment from 10:45 to 14:20

- a. Bi-polar disorder
- b. Substance use disorder
- c. Obsessive compulsive disorder**

10. A medical condition that comes on suddenly and is often confused with mental illness.

Video segment from 17:39 to 18:30

- a. Schizophrenia
- b. Delirium**
- c. Post-traumatic stress disorder (PTSD)