

# Older Adult Mental Health Basics Quiz



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

Circle your answer to each question listed below.

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**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)