

Mental Health - 30 Hard MCQs (Multiple Choice)

1. Which of the following is NOT included in the WHO definition of mental health?

- A. Ability to cope with normal life stressors
- B. Productive work
- C. Contribution to the community
- D. Absence of all physical disease

Answer: D. Absence of all physical disease

2. Mental disorders accounted for what percentage of total global DALYs in 2021?

- A. 13.9%
- B. 17.2%
- C. 25%
- D. 44%

Answer: B. 17.2%

3. Approximately what percentage of the global anxiety disorder burden could be avoided with optimal treatment?

- A. 25%
- B. 50%
- C. 71%
- D. 90%

Answer: C. 71%

4. Since 1990, mental disorders have moved in global disease burden ranking from:

- A. 12th to 8th

B. 10th to 5th

C. 9th to 6th

D. 8th to 4th

Answer: C. 9th to 6th

5. More than ____ people worldwide suffer from depression.

A. 178 million

B. 284 million

C. 300 million

D. 800 million

Answer: C. 300 million

6. More than ____ of people in LMICs receive no treatment for depression.

A.25%

B.50%

C.75%

D.90%

Answer: C.75%

7. The global prevalence of anxiety increased by ____ during the first year of COVID-19.

A.10%

B.15%

C.20%

D.25%

Answer: D.25%

8. Which group has a higher prevalence of anxiety disorders?

A.Men

B.Women

C.Equal

D.Children

Answer: B.Women

9. Approximately how many people die from suicide globally each year?

A.300,000

B.500,000

C.800,000

D.1.5 million

Answer: C.800,000

10. Suicide is the ____ leading cause of death globally among 15–29-year-olds.

A.Second

B.Third

C.Fourth

D.Fifth

Answer: C.Fourth

11. Approximately what proportion of suicides occur in LMICs?

A.40%

B.50%

C.65%

D.80%

Answer: D.80%

12. For every adult who dies from suicide, there may be more than ____ others attempting suicide.

A.5

B.10

C.20

D.50

Answer: C.20

13. Women are more likely to:

A.Die by suicide

B.Attempt suicide

C.Use violent methods

D.Abuse alcohol

Answer: B.Attempt suicide

14. In high-income countries, male suicide death rates are more than ____ times those of women.

A.2

B.3

C.4

D.5

Answer: B.3

15. The lowest suicide rates are reported in:

A.Europe

B.Africa

C.Eastern Mediterranean Region

D.North America

Answer: C.Eastern Mediterranean Region

16. Worldwide, how many people suffer from substance abuse disorders?

A.100 million

B.150 million

C.178 million

D.284 million

Answer: C.178 million

17. Substance abuse is responsible for approximately ____ million deaths annually.

A.3.0

B.5.5

C.8.4

D.11.8

Answer: D.11.8

18. More than half of alcohol and drug overdose deaths occur in people younger than:

A.40

B.45

C.50

D.60

Answer: C.50

19. Treatment gap in developing countries may reach:

A.44%

B.70%

C.80%

D.90%

Answer: D.90%

20. Which of the following is considered a biological risk factor?

A.Social exclusion

B.Violence

C.Genetic factors

D.Unemployment

Answer: C.Genetic factors

21. Rates of mental disorders tend to ____ after emergencies.

A.Triple

B.Double

C.+25%

D.No change

Answer: B.Double

22. Which is NOT a human rights violation mentioned?

A.Physical restraint

B.Seclusion

C.Denial of basic needs

D.Counseling

Answer: D.Counseling

23. Which is NOT a barrier to mental health care?

A.Stigma

B.Universal coverage

C.Underdiagnosis

D.Lack of awareness

Answer: B.Universal coverage

24. Availability refers to:

A.Ability to pay

B.Quality

C.Presence of service

D.Outcomes

Answer: C.Presence of service

25. Affordability refers to:

A.Transport

B.Quality

C.Ability to pay

D.Number of clinics

Answer: C.Ability to pay

26. Donabedian includes:

A.Access-Cost

B.Structure-Process-Outcome

C.Input-Output

D.Plan-Staff

Answer: B.Structure-Process-Outcome

27. Social exclusion results in:

A.More social capital

B.Better jobs

C.Less social capital

D.More housing

Answer: C.Less social capital

28. People finding jobs through social networks:

A.10-20%

B.20-40%

C.40-70%

D.70-90%

Answer: C.40-70%

29. Average primary care visit lasts:

A.5-10 min

B.10-15 min

C.20-25 min

D.30-40 min

Answer: B.10-15 min

30. WHO recommends:

A. Isolating MH

B. Removing PHC

C. Protecting human rights

D. Cutting research

Answer: C. Protecting human rights