

## Long Term Conditions Quiz

True or false statements

*(Please circle)*

1. Long term conditions are health conditions that last 6 months or longer	<b>True/False</b>
2. 20% of the Scottish population have at least one long term condition	<b>True/False</b>
3. Long term conditions can affect anyone	<b>True/False</b>
4. People living with long term conditions are less likely to visit their GP	<b>True/False</b>
5. People living with long term conditions are more likely to experience psychological problems	<b>True/False</b>

## Answers

1. Long term conditions are health conditions that last 6 months or longer	<b>False</b> It is a year or longer before it is deemed a long term condition.
2. 20% of the Scottish population have at least one long term condition	<b>False</b> 40% of the population (2 million) are believed to have a least one long term condition.
3. Long term conditions can affect anyone	<b>True</b> 1 in 4 adults over 16 report having at least one long term condition. However they do become more prevalent with age.
4. People living with long term conditions are less likely to visit their GP	<b>False</b> People with long term conditions are more likely to visit their GP. They account for 80% of all GP appointments.
5. People living with long term conditions are more likely to experience psychological problems	<b>True</b> People living with long term conditions are also more likely to experience psychological problems. Prolonged stress alters immunity, making illness more likely and recovery more difficult, especially for those who are already unwell. This can impact on their mental health and wellbeing.