

Long Term Conditions Quiz

True or false statements

(Please circle)

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

Answers

1. Long term conditions are health conditions that last 6 months or longer	False 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	False 40% of the population (2 million) are believed to have a least one long term condition.
3. Long term conditions can affect anyone	True 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	False 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	True 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.