

## **Stigma and Discrimination Quiz**

### **True or false statements (please circle)**

1. Most people with a mental health problem will make a full recovery or will be able to live a full life while managing their condition	True/False
2. More than half of people with mental health problems in Scotland have experienced stigma and discrimination	True/False
3. It is acceptable to call someone crazy or mad who has a mental health problem	True/False
4. 23% of people in Scotland have witnessed someone experiencing stigma or discrimination because of a mental health problem	True/False
5. The way the media portrays people with a mental health problem can add to the issue of mental health stigma and discrimination	True/False

### **Stigma and Discrimination: Answers**

1. Most people with a mental health problem will make a full recovery or will be able to live a full life while managing their condition	<b>True</b>  Most people will either make a full recovery, or with the right support will be able to live a full life while managing their condition. This is particularly true if support and treatment is sought/offered early
2. More than half of people with mental health problems in Scotland have experienced stigma and discrimination	<b>True</b>  People told See Me (Scotland's Programme to tackle mental health stigma and discrimination) they most commonly experience it from the people closest to them, friends, family and work colleagues. Asking for help is not easy either, the most common place people experience stigma and discrimination is in GP practices
3. It is acceptable to call someone crazy or mad who has a mental health problem	<b>False</b>  Using derogatory names such as crazy, mad or mental to describe someone with a mental health problem adds to the negative association society has with mental health and results in stigma and discrimination
4. 23% of people in Scotland have witnessed someone experiencing stigma or discrimination because of a mental health problem	<b>False</b>  The number is higher, 37% of people have witnessed someone experiencing stigma or discrimination because of a mental health problem
5. The way the media portrays people with a mental health problem can add to the issue of mental health stigma and discrimination	<b>True</b>  Reports have found that media reports often link mental illness with violence, or portray people with mental health problems as dangerous, criminal, evil, or very

	disabled and unable to live normal, fulfilled lives
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