



Mental Health Quiz

T F 1. **Mental illness is defined as the regular ups and downs of life**

False – We all have good days and bad days and that is especially normal right now. It's okay to feel sad, when you can't connect with your family and friends around holidays and for social reasons the way we used to pre-pandemic. It's also okay to feel anxious at times as we start to leave out house or interact with people. However, with mental illness, you have symptoms that really interfere with your day to day function and your ability to feel pleasure for an ongoing basis. Also means you meet the diagnostic criteria and may be recommended to have treatment of some form.

T F 2. **Depression and anxiety can affect a person at any stage of their life and are real health problems that should be discussed with a physician**

True – Depression and Anxiety don't discriminate and can impact anyone regardless of their stage of life, gender, orientation, financial or marital status, and more. Today, we are going to look at how to develop and maintain good mental health and resiliency mentality – but, depression and anxiety can still impact anyone – even those with good strategies and support. If you are struggling you are not alone, and we want you to know that help is available and the best place to start really is connecting with your family physician.

T F 3. **In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.**

True – In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness. By age 40, about 50% of the population will have or have had a mental illness. Mental illness affects people of all ages, education, income levels, and cultures; however, systemic inequalities such as racism, poverty, homelessness, discrimination, colonial and gender-based violence, among others, can worsen mental health and symptoms of mental illness, especially if mental health supports are difficult to access. Major depression affects approximately 5.4% of the Canadian population, and anxiety disorders affect 4.6% of the population.

T F **4. Effective treatments with good outcomes are available for older adults dealing with depression**

True – There is excellent evidence of good outcomes in treatment for depression and anxiety with older adults. Treatment plans differ – they may include medications, behavioral activation, more traditional therapy or sometimes a combination of treatments. The treatment approach is typically determined in collaboration with individuals to best meet their needs and comfort level.

T F **5. Depression is a normal part of aging**

False – Another big myth we wanted to debunk, is that a lot of people think it's normal to feel sad as you get old and deal with retirement, loss and health changes. What we know is that there is a risk of depression with such changes as a decrease in one's social roles and connections at retirement and an increase in health issues and caregiving responsibilities.

T F **6. Caregivers are at an increased risk of depression**

True – As noted in the previous questions, there are changes associated with aging that at times put people at higher risk of developing symptoms of depression. Caregiving with its many stressful components is a certainly a risk factor. Other risk factors include:

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| <input type="checkbox"/> Being widowed | <input type="checkbox"/> Lack of a supportive network |
| <input type="checkbox"/> Excessive use of alcohol | <input type="checkbox"/> Brain changes due to vascular disease (Stroke, Parkinson's) |
| <input type="checkbox"/> Losses/grief | <input type="checkbox"/> Older adults with chronic health issues |
| <input type="checkbox"/> Financial strain | <input type="checkbox"/> History of depression or suicide attempt |

T F **7. Isolation can impact both your physical and mental health**

True – Interesting research shows that loneliness can be as dangerous to your health as smoking 15 cigarettes a day. We say this not to scare you but to help you understand where some of the research or focus recently has been about how to stay connected during times of social isolation and distancing and how important it is to feel connected with yourself, your community and those you love even when apart.