

Mental Health Trivia

TOPIC 1, FILM

1. In the classic movie 'Rain Man' starring Dustin Hoffman and Tom Cruise, what disorder is Hoffman's character Raymond living with?

AUTISM

2. In 2012, actor Bradley Cooper stars in the movie 'Silver Linings Playbook'. In this movie, Cooper's character Pat struggles managing his relationships due to his emotional outbursts. What disorder does Pat become labelled with in this movie?

BIPOLAR DISORDER

3. In a 1975 comedy-drama, Jack Nicholson's character "Mac" McMurphy helped his friends to escape a psych ward and Nurse Ratched's unpleasant medical methods. Together they stole a hospital bus, commandeered a boat and went deep sea fishing. What was the name of this film based on a 1962 novel of the same name by Ken Kesey?

One Flew Over the Cuckoo's Nest

4. In 2001, Russell Crowe stars in 'A Beautiful Mind'. The movie is a biographical drama film based on the life of John Nash; a mathematical savant who is faced with constant challenges due to his condition. Which mental illness befell John Nash?

SCHIZOPHRENIA

5. In 1997, Jack Nicholson found himself acrobatically dodging cracks in the ground, endlessly flicking light switches, and visiting his favourite diner every day to sit in his regular booth. In this film titled 'As Good As it Gets', which disorder was Nicholson's character Melvin living with?

OBSESSIVE-COMPULSIVE DISORDER (OCD)

6. In the year 2000, Christian Bale played the role of an intelligent and wealthy investment executive with a dark secret. By day, Bale's character Patrick Bateman works on Wall Street earning his fortune, while at night, he exercises his violent psychopathic fantasies. What was the title of this movie?

AMERICAN PSYCHO

Topic 2, General Knowledge Round (All questions based on Australian statistics)

1. True or False, Women are more likely than men to use services for mental health? **TRUE**
2. How many Australians per year will experience mental illness? Is it:
 - A. One in three
 - B. One in five.**
 - C. 50%.
 - D. 80%

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3. How much more likely are women to experience some type of eating disorder than men? Is it:
 - A. Twice as likely.
 - B. Five times more likely.
 - C. Equally as likely.
 - D. **Nine times more likely**
4. How much more likely are men to have substance abuse disorders? Is it:
 - A. Equally as likely.
 - B. **More than twice as likely.**
 - C. More than three times as likely.
 - D. None of the above.
5. According to the Australian Institute of Health and Welfare, what percentage of prisoners have a mental illness ? Is it:
 - A. **49%**
 - B. 65%
 - C. 36%
 - D. 12%
6. True or false, you can go to your local GP to seek mental health support?
TRUE

TOPIC 3, PHOBIAS (1 point each)

Pre-round hint: Most of these should be able to be guessed reasonably easily by the name even if you have never heard of it.

1. Arachnophobia is the fear of what?
SPIDERS
2. Acousticophobia is the fear of what?
NOISE
3. Coulrophobia is the fear of what?
CLOWNS
4. Cleptophobia is the fear of what?
STEALING
5. Francophobia is the fear of what?
France or French culture
6. Phobophobia is the fear of what?
Fear of phobias (panphobia is the fear of everything)

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BONUS (3 points instead of 1)

7. Omphalophobia is the fear of what?

Belly Buttons

Brain Round:

1. True or false, 60% of your brain is fat

TRUE

2. True or false, Humans only use 10% of their brain

FALSE

3. True or false, Einstein's brain was lighter than the average brain weight

TRUE (but he had a higher than average neuron density)

4. True or false, smelling chocolate can help you feel relaxed

TRUE (it increases Theta waves in your brain which triggers relaxation)

5. True or false, the human brain is the largest brain

FALSE

6. True or false, listening to Mozart makes you smarter

FALSE

BONUS:

Resulting from something you might have when the weather is hot, Spheno-palatine Ganglio-neuralgia is the scientific term for what form of brief painful headache?

Brain freeze, or ice-cream headache, or head-freeze