



## Teens Finding Hope Depression Quiz

**1. Depression is normal if you are:**

- A woman
- An older adult
- A person with a chronic illness
- All of the above
- None of the above

**2. Which of these may be a physical symptom of depression?**

- Headaches
- Increased appetite
- Insomnia
- All of the above

**3. You can snap out of depression if you think positively.**

- True
- False

**4. More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease combined.**

- True
- False

**5. Medications to treat depression change your brain chemistry.**

- True
- False

**6. If one of your parents is depressed, you are more likely to become depressed.**

- True
- False

**7. Who has the highest rate of youth suicide in the US with 18.8%? Give percentages for each group.**

- \_\_\_ Hispanics
- \_\_\_ African Americans
- \_\_\_ American Indians
- \_\_\_ Caucasians
- \_\_\_ Asian Americans

**8. List the top 3 causes of death in the teen population in the order in which they occur**

- 1.
- 2.
- 3.

**9. Only depressed kids attempt suicide.**

- Fact
- Myth



## Quiz Answers

1. Depression is normal if you are: **ANSWER: None of the above**

EXPLANATION: A woman's risk for depression goes up when her body is going through physical and hormonal changes — like after childbirth or during menopause. For older adults, it's natural to feel sadness around events like the death of a spouse or serious illness. But depression is not a normal part of life for anyone. Treatment can help even with the most severe cases.

2. Which of these may be a physical symptom of depression? **ANSWER: All of the above**

EXPLANATION: Depression doesn't just affect your mind. It also can affect your body. Different people can have different physical symptoms when they are depressed. Some people may overeat — or may have no appetite at all. Others may have trouble sleeping or may sleep too much. Some people who are depressed may have headaches or other aches and pains, cramps and stomach problems, or fatigue and difficulty concentrating.

3. You can snap out of depression if you think positively. **ANSWER: False**

EXPLANATION: Depression is a serious illness — just like diabetes or heart disease. Expecting positive thinking to cure depression is like expecting a person with diabetes to lower his blood sugar level by thinking happy thoughts. Most people need treatment to beat depression

4. More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease combined. **ANSWER: True**

5. Medications to treat depression change your brain chemistry. **ANSWER: True**

EXPLANATION: Antidepressants aren't "happy pills" or tranquilizers. In fact, they should help you feel like yourself again. Antidepressants actually change your brain chemistry, which may seem scary. But they can help make your mood more stable and even.

6. If one of your parents is depressed, you are more likely to become depressed.

ANSWER: True

EXPLANATION: Adult children who have a depressed parent are more likely to experience depression than those who don't. But depression can happen to anyone. And with treatment, most people can manage depression, regardless of their family history.

7. Who has the highest rate of youth suicide in the US with 18.8%?

- 6.1% Hispanics
- 6.4% Asian Americans
- 7.3% African Americans
- 11.5% Caucasians
- 18.8% American Indians

8. List the top 3 causes of death in the teen population in the order in which they occur

1. Car accidents
2. Homicide
3. Suicide (PREVENTABLE)

9. Only depressed kids attempt suicide. **ANSWER: Myth**

EXPLANATION: impulsive, dramatic, break up is end of the world (PREVENTABLE)