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Question: What is the primary reason for the terminological confusion surrounding the terms "mental health" and "mental illness"?

- A) Lack of research in the field of mental health
- B) The terms are often used interchangeably in everyday language
- C) The absence of a widely agreed consensus on the meaning of these terms
- D) Insufficient funding for mental health initiatives

Correct Answer: C)

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Question: According to the World Health Organization (WHO), what is the definition of positive mental health?

- A) The absence of mental illness
- B) The presence of mental illness
- C) A state of well-being characterized by a sense of purpose, quality relationships, and self-respect
- D) A state of emotional distress

Correct Answer: C)

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Question: What is the estimated prevalence of mental health problems among adolescents in the UK?

- A) 1 in 10
- B) 1 in 20
- C) 1 in 50
- D) 1 in 100

Correct Answer: B)

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Question: What is a possible explanation for the stigmatization of mental illness?

- A) The belief that mental illness is contagious
- B) The perception that people with mental illness are dangerous and unpredictable
- C) The idea that mental illness is a sign of weakness
- D) The notion that mental illness is a result of poor parenting

Correct Answer: B)

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Question: What is a potential consequence of stigmatization of mental illness?

- A) Increased willingness to seek help
- B) Improved mental health outcomes
- C) Increased feelings of shame and social isolation
- D) Reduced symptoms of mental illness

Correct Answer: C)