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Reducing the Stigma of Mental Illness

1. Which of the following statements is most accurate?

- A. A stigma exists when individuals distinguish and label a particular human difference as socially salient.
- B. A stigma is not typically linked to a negative cultural stereotype.
- C. When a stigma exists, stigmatized groups are not typically socially devalued.
- D. When a stigma exists, stigmatized groups do not often encounter discrimination.

2. Approaches to stigma reduction must be multifaceted to address the many mechanisms that can lead to disadvantaged outcomes.

- A. True
- B. False

3. Which of the following statements is most accurate?

- A. Research indicates that the lay public has a high level of mental health literacy.
- B. Research indicates that lay individuals are able to recognize the symptoms of mental disorders.
- C. Research indicates that lay individuals understand how and where to get help for mental disorders.
- D. Research indicates that lay individuals are not typically able to recognize the symptoms of mental disorders.

4. A structural stigma occurs when institutions intentionally or unintentionally create policies, procedures, or practices that cause disadvantages to those with a mental illness.

- A. True
- B. False

5. The United Nations Convention on the Rights of Persons with Disabilities explicitly recognizes that social disadvantage flows from individual impairments, rather than institutional practices.

- A. True
- B. False

6. Awareness-raising activities are designed to open a dialogue about mental health on the assumption that bringing it out of the shadows will improve social tolerance.

- A. True
- B. False

7. Which of the following statements is most accurate?

- A. Literacy programs are often aimed at inequities that are created by social structures that intentionally or unintentionally limit the rights of individuals with mental disorders.
- B. Literacy programs try to improve knowledge about mental illnesses, their signs and symptoms, their treatments, and where to go to seek help on the assumption that reduced stigma will be a natural by-product.
- C. Literacy programs use protest to suppress stigma through objection or denouncement.
- D. Literacy programs are not typically used to suppress stigmas related to mental illness.

8. A professional organization is putting together a group of individuals to advocate for mental illness. The group is asked to develop strategies to effectively advocate for mental illness. Which of the following strategies may be most effective for the advocacy of mental illness?

- A. A public protest
- B. The development of a program which raises awareness about the importance of mental health issues and ensures that mental health is on government agendas
- C. Leaflets on mental illness, handed out to members of the local community
- D. The development of an educational program for students

9. Targeting the behavioral outcomes of the stigmatization process – both at the individual and the institutional levels – is necessary in order to promote full and effective social participation for individuals with a mental illness.

- A. True
- B. False

10. Which of the following statements is most accurate?

- A. According to the article, the WPA's "Bill of Rights" promises serious engagement with human rights; however, it fails to meet existing international human rights standards.
- B. According to the article, the WPA's "Bill of Rights" promises serious engagement with human rights and meets existing international human rights standards.
- C. According to the article, the WPA's "Bill of Rights" does not promise serious engagement with human rights.
- D. According to the article, the WPA's "Bill of Rights" promises serious engagement with human rights and has a very specific audience.

11. Research indicates that discrimination against people with mental health issues is widespread and much more common in high income countries.

- A. True
- B. False

12. Which of the following statements is most accurate?

- A. The U.N. Convention on the Rights of Persons with Disabilities (CRPD) states that all people with mental health issues (and other disabilities) do not have the right to legal capacity.
- B. The U.N. Convention on the Rights of Persons with Disabilities (CRPD) states that all people with mental health issues (and other disabilities) have the right to legal capacity.
- C. The U.N. Convention on the Rights of Persons with Disabilities (CRPD) states that some people with mental health issues (and other disabilities) have the right to legal capacity.
- D. The U.N. Convention on the Rights of Persons with Disabilities (CRPD) states that some people with specific types of mental health issues (and other specific disabilities) have the right to some form of legal capacity.

13. Which of the following statements regarding the contentions of the article is most accurate?

- A. The WPA's "Bill of Rights" fully commits to existing international human rights standards, and secondly, it is unlikely to have much traction because it contains no accountability and monitoring mechanism.
- B. The WPA's "Bill of Rights" fully commits to existing international human rights standards, and secondly, it is likely to have traction.
- C. The WPA's "Bill of Rights" only partially commits to existing international human rights standards, and secondly, it is unlikely to have much traction because it contains no accountability and monitoring mechanism.
- D. The WPA's "Bill of Rights" only partially commits to existing international human rights standards, and secondly, it is likely to have traction.

14. According to the article, the WPA's "Bill of Rights" is likely to change the "practice on the ground" because it establishes monitoring mechanisms and accountability procedures.

- A. True
- B. False

15. According to the article, the progressive global leadership of psychiatry is central to the larger imperative of protecting the rights of people with mental health issues.

- A. True
- B. False

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