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Chronic Illness Education 2023: Do you know your mental health? A Board Game

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Do you know your mental health? A Board Game

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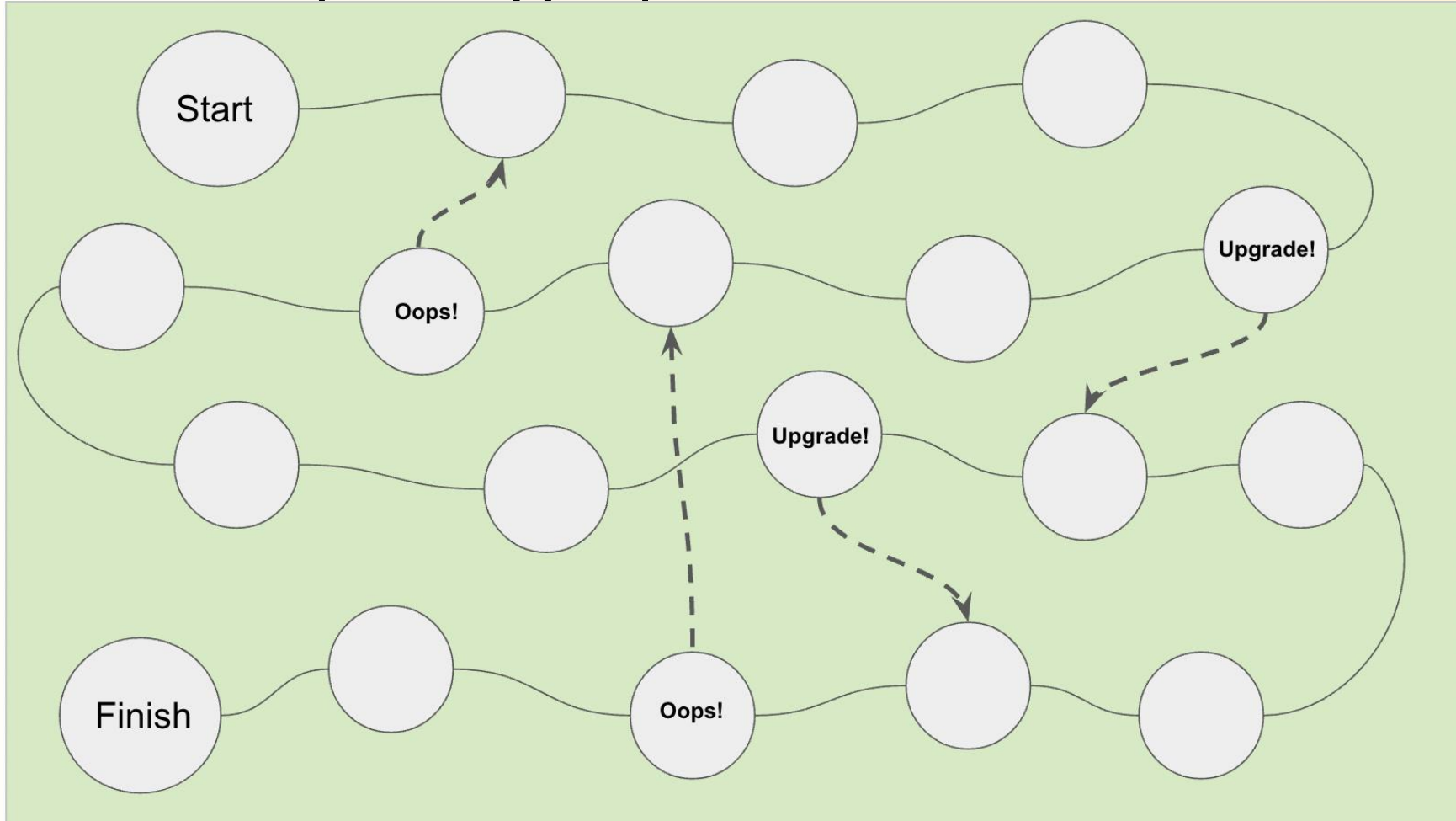
Learning Community: Orange 26

Age Group: Pediatric (0-18)

Curriculum Tie-In: Neuro/Development



Visual Game/Infographic



Instructions

- This game is meant for 2-4 players
- There are 28 cards with a question, the associated answer, and a number. The player is NOT allowed to touch the cards. Instead, the opponents will pick up a card and read out the question when it is the player's turn.
- If the player gets the answer correct, they will move forward the number of spaces indicated by the number on the card. If the answer is wrong, they will remain in place.
- Used cards should be set aside in a separate pile.
- There are four special spaces on the board. "Oops" indicates moving backward to the indicated spot. "Upgrade" indicates moving forward to the indicated spot.
- The first player to cross the finish spot wins (either landing on the spot or moving forward a number of spaces that takes them beyond it).



Card 1: (2 spaces)

True or False: It is normal for everyone to have some anxiety.

Answer: TRUE! Anxiety is a normal aspect of life that everyone experiences at one point or another. Anxiety becomes an issue when it is excessive or unwarranted.

Card 2: (2 spaces)

Question: Who can appropriately diagnose you with a mental health disorder?

- a) Yourself
- b) Your friends
- c) Someone on social media
- d) A health professional

Answer: Only an appropriately certified health professional can determine a diagnosis, and more importantly, how it could be safely treated!

Card 3 (3 spaces)

True or False: an elevated mood must last three days to be considered a manic episode.

Answer: False! A period of elevated mood must last a week to be considered a manic episode.

Card 4 (3 spaces)

What is agoraphobia?

Answer: A fear of being in unfamiliar places where escape may be difficult.



Card 5: 2 spaces

True or false: if you have premenstrual dysphoric disorder (also called PMS), it means you can't have depression.

Answer: false! PMS can happen along with other mental health disorders.

Card 6: 3 spaces

Question: How long must symptoms last for a diagnosis of persistent depressive disorder?

Answer: 2 years

Card 7: 3 spaces

Question: _____ is a personality disorder that includes excessive emotions and attention-seeking behavior.

Answer: Histrionic Personality Disorder

Card 8: 2 spaces

Question: Unspecified personality disorder is diagnosed when...

Answer: the symptoms of a personality disorder are present, but there aren't enough details to make a specific diagnosis.



Card 9: (2 spaces)

True or False: Mood swings are a classic sign of bipolar disorder.

Answer: False! Bipolar disorder involves very extreme changes in energy, activity, and sleep - quite different from changes in mood.

Card 10: (3 spaces)

Question: What percent of children aged 3-17 experience pediatric depression?

- a) 1%
- b) 3%
- c) 10%
- d) 20%

Answer: The prevalence of depression among the pediatric population is around 3%.

Card 11: (2 spaces)

Question: A child must have symptoms of separation anxiety disorder for _____ weeks for the problem to be diagnosed as SAD.

Answer: 4 weeks

Card 12: (3 spaces)

Question: Preoccupation and insistence on details, rules, lists, order, and perfectionism is a hallmark of which personality disorder?

Answer: Obsessive compulsive personality disorder or OCPD (not to be confused with Obsessive compulsive disorder or OCD)



Card 13 (2 spaces)

Question: How many different kinds of Bipolar Disorder are there?

Answer: Four. These include Bipolar I, Bipolar II, cyclothymic disorder, as well as unspecified and specified bipolar and related disorders.

Card 14 (1 space)

True or False: Seasonal Affective Disorder can only occur in the winter months.

Answer: False. Summer-onset seasonal affective disorder may present with symptoms such as agitation, insomnia, weight loss, and poor appetite.

Card 15 (3 spaces)

True or False: Those with Bipolar Disorder have a heightened risk of experiencing Seasonal Affective Disorder.

Answer: True! Episodes of mania may be experienced in accordance with a specific season.

Card 16 (2 spaces)

True or False: If my friends take Adderall to help them study, it should be fine for me to take as well.

Answer: False. Adderall is a stimulant and may be contraindicated in patients with pre-existing heart conditions. Adderall, and any other psychiatric medications, should only be taken if prescribed to you by a licensed provider.



Card 17 (4 spaces)

A 5-year-old boy is brought to the clinic by his mother because she is worried about changes in his behavior during the past few months. The patient's mother says he has had episodes that occur sporadically at night during which he sits up in bed screaming, crying incoherently, and intensely frightened. She says it is initially difficult to calm him down, and he is usually sweating, breathing rapidly, and tremulous. The patient eventually calms down after 10 to 15 minutes and then falls asleep. Which of the following questions is most appropriate to confirm the suspected diagnosis of sleep terror disorder in this patient?

- a.) Do his arms and legs jerk during sleep?
- b.) Does he have nightmares?
- c.) Does he go to sleep late?
- d.) Does he wet the bed?

Answer: b - Sleep terror disorder is characterized by arousal with screams or crying accompanied by fear and signs of autonomic arousal, such as tachycardia, sweating, and rapid breathing. Patients with sleep terror disorder have no recollection of a dream or the episode, which causes distress or impairment in social or occupational functioning.

Card 18 (2 space)

True or False: There is a trend of mental health disorders being overdiagnosed/treated in developing countries.

Answer: True! Some studies have found that overdiagnosis may account for upwards of 20% of cases.

Card 19 (1 space)

Which of the following is NOT a potential mechanism to help alleviate the mental health disparities observed in child and adolescent populations?

- a.) Train more providers
- b.) Improve insurance coverage
- c.) Innovate to decrease access
- d.) Increase use of self-regulation and coping skills

Answer: c - Changing insurance reimbursement structures could incentivize the hiring of a broader range of mental health care providers to meet the demands for psychological services. Also, there needs to be a focus on making it easier for mental health care providers in the community to be covered by insurance.

Card 20 (3 spaces)

Which of the following is most likely NOT an observed sign or symptom of a person with Attention Deficit Hyperactivity Disorder (ADHD)?

- a.) Avoids, or dislikes, tasks that require sustained mental effort
- b.) Is easily fatigued
- c.) Has difficulty sitting still or remaining seated
- d.) Interrupts or intrudes on others

Answer: b - This is more closely related to Generalized Anxiety Disorder than ADHD. All other choices may be observed in those with ADHD; ("a" - inattention, "c" - hyperactivity, "d" - impulsivity)



Card 21

True or False: Light therapy could help alleviate symptoms of seasonal affective disorder

Answer: True. Although the sample size in the studies done so far is limited, studies have found some evidence for the effects of light therapy when treating SADs.

Card 22

True or False: There is a genetic basis for mental health disorders like depression

Answer: TRUE! Scientists believe that there is about a 40% genetic link for mental health disorders

Card 23

True or False: There is a link between experiencing anxiety and depression

Answer: True. Anxiety may occur as a clinical symptom of depression.

Card 24

True or False: You only need to take care of your mental health if you have a mental health condition

Answer: False. The severity of mental health disorders can be prevented by implementing preventive approaches.



Card 25

True or False: Dissociative Identity Disorder (DID) is a very common disorder in children.

FALSE: DID is a rare disorder that is prevalent in only 1.5% of the global population.

Card 26

Dissociative Identity Disorder is a difficult diagnosis to acquire because it is often misdiagnosed as which of the following?

- a) Autism
- b) Schizophrenia
- c) Learning Disorder
- d) OCPD

Card 27

A study in England revealed that using social media more than ___ times per day was associated with poor mental health in teens aged 13-16

- A) 15
- B) 1
- C) 3
- D) 60

Card 28

One study showed that teens using social media had an increased risk of ___ (Nearly 3x higher).

- A) Depression
- B) OCD
- C) Anorexia
- D) DID



Citations

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Include a 3 sentences summary of how the learning from this project impacts your group's development as future physicians.

- Medicine is said to be an art as well as a science, and part of that balance is being able to address myths and misinformation about health in a way that our patient base will understand. As future physicians, we strive to use our knowledge and experience to benefit our patients and our communities, utilizing creative methods (such as this board game) to make difficult concepts easier to understand. This game was designed to dispel misconceptions about mental health among children and teens in an engaging way, and to increase discussions about mental health to make it easier for pediatric patients to get the support they need.

