

**STAR Health Webinar Recording:  
Mental Health 101 Quiz**

1. Depression is a sad mood that passes.

True  
False

2. Anxiety in children can lead to poor attendance in school, low self-esteem, problems with getting along with friends, using alcohol and drugs and not being able to deal with change in their lives.

True  
False

3. Exposing a child to scary events and places is an effective way to treat oppositional defiant disorder (ODD).

True  
False

4. Living through or seeing something that is frightening and dangerous can cause post-traumatic stress disorder (PTSD).

True  
False

Answer Key:

1. False
2. True
3. False
4. True