Pre and Post-Test Questions (Common Mental Health Concerns Lesson):

1. A friend has been having flashbacks and bad dreams. She's also been feeling very sensitive and jumpy. What could these be signs of?
    A. ADHD (Attention-Deficit/Hyperactivity Disorder)
    B. Depression
    C. PTSD (Posttraumatic Stress Disorder)

2. You have been having trouble focusing in school lately. You are easily distracted and organization has never been your strength. What could these be symptoms of?
    A. Anxiety
    B. ADHD (Attention-Deficit/Hyperactivity Disorder)
    C. Depression

3. You worry a lot. If often feels like your worries are taking over your life. You can't concentrate and your stomach always hurts. What could these be symptoms of?
    A. Anxiety
    B. Depression
    C. ADHD (Attention-Deficit/Hyperactivity Disorder)

4. Your brother has been feeling really down lately. He barely comes out of his room and doesn't even want to hang out with his friends anymore. What could these be signs of?
    A. ADHD (Attention-Deficit/Hyperactivity Disorder)
    B. Anxiety
    C. Depression

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