
Managers managing health and wealth quiz

1. According to a recent survey, what percentage of managers have the confidence to have sensitive discussions with staff around mental health?

- a) 20%
- b) 31%
- c) 45%
- d) 72%

2. Which of the following are the 2 top causes of stress in the workplace?

- a) Workload
- b) Work life balance
- c) Management style
- d) Excess paperwork

3. The Health & Safety Executive defines stress as:

'The adverse reaction people have to excessive ? or other types of demand placed on them.'

- a) Work
- b) Pressure
- c) Responsibility
- d) Deadlines

4. What can the HSE issue to a business if they are aware of a failure in a business's duty of care to staff?

- a) Formal warning
- b) Prison sentence
- c) Letter of encouragement
- d) Improvement notice

5. What does SRA stand for in the context of mental health at work?

- a) Seasonally Rated Atmosphere

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- b) Stress Risk Assessment
 - c) Service Recovery Actions
 - d) Staff Resilience Activity

6. The Health and Safety Executive (HSE) sets out 6 standards that managers must focus on to identify the stress risks to their staff. Which of the following ISN'T one of those 6 standards?

- a) Role
- b) Support
- c) Control
- d) Working hours

7. According to a recent survey by MIND, what percentage of workers said they find work very or fairly stressful?

- a) 43%
- b) 56%
- c) 62%
- d) 77%

8. In the UK, which demographic is at the most risk from suicide?

- a) Male 45-49
- b) Male 55-59
- c) Female 35-39
- d) Female 25-29

9. How many people committed suicide in the UK in 2019?

- a) 5671
- b) 6500
- c) 6982
- d) 8000

10. What percentage of people with Autism suffer from an anxiety disorder?

- a) 10%
- b) 20%
- c) 30%
- d) 40%

11. The average employee has how many sick days per year?

- a) 4.7
- b) 5.3
- c) 5.8
- d) 6.1

12. Which age group is most likely to 'take stress home' with them?

- a) 18-25
- b) 25-29
- c) 41-46
- d) 55-60

13. According to a 2020 survey, what percentage of workers find working from home has an adverse impact on their health?

- a) 34%
- b) 49%
- c) 71%
- d) 85%

14. What is the only activity that reduces blood lactate, a marker of stress and anxiety?

- a) Exercise
- b) Sleep
- c) Meditation
- d) Drinking

15. Presenteeism is what?

- a) Working when unwell
- b) Coming to work when on annual leave
- c) Working excessively long hours
- d) Refusing to book holidays

16. What is leaveism?

- a) Not working when you should be working from home

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- b) Refusing to book holidays
 - c) Working when you're either off sick or on annual leave
 - d) Leaving work early on a regular basis

17. How many working days per year are lost to sickness absence?

- a) 140 million
- b) 165 million
- c) 177 million
- d) 189 million

18. How many UK workers leave the workforce due to ill health every year?

- a) 200,000
- b) 300,000
- c) 400,000
- d) 500,000

Answers

1 - c, 2 - a,c, 3 - b, 4- d, 5 - b, 6-d, 7-b, 8-a, 9-b, 10-d, 11-c, 12-b, 13-d, 14-c, 15-a,16-c, 17-a, 18-b

Your score:

0-6: Plenty of room for improvement! You really need to brush up on your mental health at work knowledge and ensure you're helping your staff.

7-12: Pretty good, but still areas you can improve in. It's vital to have a strong knowledge of this subject.

13-18: Excellent. You know what you're talking about when it comes to mental health at work. Just make sure you stay on top of the topic.