



Daily Article (Bharath's Reading list) - Answers and Explanations 03.04.2023

Article link : <http://bit.ly/40CO4rd> (Why educational institutions must take the lead)

1. Which of the following is/are classified as 'societal protective factors' preventing adolescent suicides?

- A. Acceptance from friends and peers
- B. Educational opportunities and financial aid
- C. Anti-bullying/anti-discriminatory policies in educational institutions
- D. All the above

Explanation: B

Refer to the line, "Societal protective factors include educational opportunities and financial aid." According to the article, acceptance from friends and peers is a 'relationship protective factor' while anti-bullying/anti-discriminatory policies at educational institutions are 'community protective factors'.

2. Based on the article, which of the following is incorrect?

- A. From 2019-2020, the number of deaths by suicide of children below 18 years of age was almost twice the national average of deaths by suicide
- B. Discrimination based on identity is a community risk factor that can cause distress and lead to thoughts of suicide.
- C. Deaths by suicide in children is due to a single specific reason such as family problems, love affairs and illness
- D. In low-resource settings like India, teachers play a critical role as gatekeepers, bridging the gap between mental health problems and formal health care services.

Explanation: C

Note the lines, “ A common misconception held by people is that suicide is due to one specific reason. However, research shows that it is a combination of several stressors in a vulnerable individual that leads to suicidal ideation or death by suicide.”

3."Evidence suggests that this single change led to a nearly 50% reduction in the number of deaths by suicides in more than a decade." The 'single change' referred to here is:

A.Project ENGAGE implementing an e-learning gatekeeper training course for public school teachers across three rural districts of Chhattisgarh

B.The State of Tamil Nadu offering supplementary examinations within a month of result declaration to students who fail an exam

C.The Youth Aware of Mental Health or YAM program promoting positive mental health practices amongst adolescents aged 13 to 17 through roleplays and discussions

D.The Centre for Mental Health Law & Policy publishing a comprehensive approach to suicide prevention in educational institutions

Explanation:

Correct option **B**

Refer to the penultimate paragraph.

