# Unconscious Bias– Quiz

Please complete this quiz to assess your understanding of unconscious bias and its impact

**1. What is unconscious bias?**
A. A deliberate choice to treat people differently
B. Automatic assumptions made without awareness
C. A legal requirement in practice
D. A safeguarding concern only

**2. Which is an example of ability bias?**
A. Assuming an older adult cannot use technology
B. Assuming someone with a disability cannot communicate their needs
C. Believing your first impression is always right
D. Treating everyone exactly the same

**3. What is diagnostic overshadowing?**
A. Ignoring safeguarding concerns
B. Prioritising one professional over another
C. Attributing new symptoms to an existing condition
D. Over-reporting physical symptoms

**4. Which law emphasises wellbeing and person-centred practice?**
A. Mental Health Act
B. Equality Act 2010
C. Care Act 2014
D. Human Rights Act

**5. Under the Mental Capacity Act, what is the first principle?**
A. Best interests decision-making
B. Assume capacity
C. Professional judgement overrides
D. Family decision-making