Module B assessment

***NCFE LEVEL 2 CERTIFICATE IN AWARENESS OF MENTAL HEALTH PROBLEMS***

**After completing your assessment please return it to your tutor/assessor**

**CHECKLIST FOR ALL CANDIDATES**

**Tick the check box when you have completed the following:**

* Please complete your details in the ‘Personal details’ box.
* Fill in and sign the ‘Candidate statement’ box below.
* Complete all questions in this assessment. Write your answers in the space provided.
* Add any additional work for any of the questions on plain A4 paper and staple them to the back of this assessment. Write the assessment number and question number (eg Assessment 1.2, question 4) and your name on each additional sheet.
* Take a copy of your work before you return it to your tutor/assessor.

**You do not need to return your completed activities for the units – just this assessment. If you require any assistance or guidance please contact your tutor/assessor.**

**PERSONAL DETAILS**

Name ………………………………………………………………………………………………………………………………………………….…….

Contact Address ………………………………………………………………………………………………………………………………………..

Postcode ………………………………………………………………………………………………………………………………………………….

Telephone no. (evening) ………………………………………………… (day) ……………………………………………………………..

Email (home)………………………………………………………….. (work) ……………………………………………………………………

**CANDIDATE STATEMENT**

I Certify that I began the learning materials for Module B on …………………………\* and have completed all sections in this assessment. I confirm that this is my own work.

Signature ……………………………………………………………….Date ………………………………………………………………………

\*Please insert the date you started working through the course materials for the module.

**Assessment 2.1: The symptoms and causes of stress**

**Understanding Stress H/506/2882**

*(The reference in brackets at the end of each question refers to the learning outcomes within the syllabus of this qualification and are for your tutor’s use.)*

1. Define the term ‘stress’. *(1.1)*
2. Explain how stress can be useful. *(3.1 and 3.4)*
3. Explain how stress can be harmful. *(3.1 and 3.4)*

**Understanding Stress H/506/2882**

1. Describe the emotional signs and symptoms of stress. How might an individual feel when they are experiencing stress? *(3.3)*
2. Give examples of the psychological, physical and behavioural signs and symptoms of stress. *(3.2)*
3. Psychological signs and symptoms:
4. Physical signs and symptoms:
5. Behavioural signs and symptoms:

**Understanding Stress H/506/2882**

1. Describe three possible causes of stress. *(2.1)*

a)

b)

c)

1. Describe external demands in life which may result in stress. *(4.1)*
2. Describe internal demands in life which may result in stress. *(4.1)*

**Assessment 2.2: Managing stress and obtaining support**

**Understanding Stress H/506/2882**

1. Describe four healthy strategies that could be used to reduce or manage stress in life. *(5.1)*

a)

b)

c)

d)

1. Describe three sources of support that should be available to individuals experiencing stress. *(5.2)*

a)

b)

c)

**Understanding anxiety M/506/2884**

**Assessment 3.1: The types and causes of anxiety**

1. Define the term anxiety. *(1.1)*
2. Describe situations where individuals may experience anxiety. *(3.1)*

**Understanding anxiety M/506/2884**

1. Describe three possible causes of anxiety. *(2.1)*

a)

b)

c)

**Assessment 3.2: The experience of anxiety**

**Understanding anxiety M/506/2884**

1. Describe the psychological effects of anxiety on the individual. *(3.2)*
2. Describe how anxiety can affect a person’s physical health and their behaviour. *(3.3)*

**Understanding anxiety M/506/2884**

1. Describe what is meant by a ‘panic attack’. *(1.2)*
2. Describe the stages typically involved in a cycle of negative thinking. *(4.1)*

Stage 1:

Stage 2:

Stage 3:

Stage 4:

**Understanding anxiety M/506/2884**

1. Explain how an individual’s outlook on life and personality could help or hinder anxiety. *(4.2)*
2. Describe how a person’s anxiety may affect their friends and family. *(3.4)*

**Assessment 3.3: Managing and treating anxiety**

**Understanding anxiety M/506/2884**

1. Describe three examples of self-help for anxiety. *(5.1)*

a)

b)

c)

1. Describe enjoyable activities that may help an individual to manage anxiety. *(5.2)*
2. a) Identify and briefly outline some of the medications commonly used to treat anxiety problems. *(5.3)*

**Understanding anxiety M/506/2884**

b) Identify and briefly outline a type of talking treatment that is commonly used to treat anxiety problems. *(5.3)*

1. Describe three sources that should be available to individuals experiencing anxiety problems. *(5.3)*

a)

b)

c)

**Understanding phobias A/506/2886**

**Assessment 4.1: The types and causes of phobias**

1. What does the term ‘phobia’ mean? *(1.1)*
2. Describe some of the physical and psychological symptoms a person may have when experiencing a phobia. *(3.1)*
3. Describe the three main groups of phobias. *(1.2)*

a)

b)

c)

**Understanding phobias A/506/2886**

1. Describe three examples of specific phobias. *(1.3)*

a)

b)

c)

1. Describe two types of social phobia. *(1.3)*

a)

b)

1. Describe three possible causes of a phobia. *(2.1)*

a)

b)

c)

**Understanding phobias A/506/2886**

1. Consider the impact of phobias on people’s lives.
2. Describe how a **specific phobia** could prevent an individual from leading a normal life. *(3.2)*
3. Describe how **agoraphobia** could prevent an individual from leading a normal life. *(3.3)*
4. Describe how a person’s phobia may affect their family and friends. *(3.4)*

**Assessment 4.2: Managing and treating phobias**

**Understanding phobias A/506/2886**

9. Describe three examples of self-help for phobias. *(4.1)*

a)

b)

c)

10.Describe two talking treatments used to treat phobias*. (4.2)*

a)

b)

**Understanding phobias A/506/2886**

1. Describe two groups or classes of medications used to treat phobias. *(4.2)*

a)

b)

1. Describe two examples of local sources of support that should be available to an individual experiencing a phobia. *(4.3)*

a)

b)

**Assessment 5.1: The Symptoms and Causes of OCD**

**Understanding Obsessive Compulsive Disorder (OCD) D/506/2900**

1. Explain what the term ‘OCD’ means. *(1.1)*
2. A) Give examples of some of the obsessive thoughts associated with OCD. *(4.1)*
3. Give examples of some of the compulsive behaviours associated with OCD. *(4.1)*
4. Describe the cycle of feelings and experiences typically involved in OCD. *(3.1)*

**Understanding Obsessive Compulsive Disorder (OCD) D/506/2900**

1. Describe three ways in which OCD can affect the individual and their life. *(3.2)*

a)

b)

c)

**Understanding Obsessive Compulsive Disorder (OCD) D/506/2900**

5. Describe four possible causes of OCD. *(2.1)*

a)

b)

c)

d)

6. Explain how an individual’s OCD may affect others. *(3.3)*

**Assessment 5.2: Managing and Treating OCD**

**Understanding Obsessive Compulsive Disorder (OCD) D/506/2900**

7. Describe five ways in which an individual with OCD can help to manage their illness. *(5.1)*

a)

b)

c)

d)

e)

8. Describe three ways in which others can help the individual with OCD to manage their illness. *(5.2)*

a)

b)

c)

**Understanding Obsessive Compulsive Disorder (OCD) D/506/2900**

1. Describe two types of treatment that may be used for OCD. *(5.3)*

a)

b)

1. Outline two local resources that may be available to people experiencing OCD. *(5.3)*

a)

b)

**Assessment 6.1: The Symptoms and Causes of PTSD**

**Understanding Post-Traumatic Stress Disorder (PTSD) T/506/2904**

1. Explain what the term ‘PTSD’ means. *(1.1)*
2. Describe the possible causes of PTSD. *(2.1)*
3. Give four examples of the types of symptoms that are commonly associated with PTSD. *(4.1)*

**Understanding Post-Traumatic Stress Disorder (PTSD) T/506/2904**

a)

b)

c)

d)

4. In general terms, describe two common feelings an individual may have when experiencing PTSD. *(3.1)*

a)

b)

1. Describe two ways in which PTSD can affect the individual and their life. *(3.2)*

**Understanding Post-Traumatic Stress Disorder (PTSD) T/506/2904**

a)

b)

1. Explain how an individual’s PTSD may affect others. *(3.3)*

**Assessment 6.2: Managing and Treating PTSD**

**Understanding Post-Traumatic Stress Disorder (PTSD) T/506/2904**

1. Describe five ways in which an individual with PTSD can help to manage their condition. *(5.1)*

a)

b)

c)

d)

e)

1. Describe three ways in which others can help the individual with PTSD to manage their condition. *(5.2)*

a)

b)

c)

**Understanding Post-Traumatic Stress Disorder (PTSD) T/506/2904**

1. Describe two types of treatment that may be used for PTSD. *(5.3)*

a)

b)

1. Outline two local resources that may be available to people experiencing PTSD. *(5.3)*

a)

b)

***WELL DONE!***

**You have now completed the assessment questions for Module B. Please staple your assessment together with the completed header sheet at the front and return it to your assessor/tutor. Your assessor/tutor will provide you with feedback on the assessment. If you need any further help or guidance, please contact your assessor/tutor.**

**Don’t forget to complete the Personal Details and Candidate Statement on the front page of this assessment.**