
RSPH Level 3 Award in Mental Health First Aid

Paper 0000

IMPORTANT – READ THE FOLLOWING INSTRUCTIONS CAREFULLY

- 1. This paper and your answer sheet must be left on your desk at the end of the examination**
- 2. You should enter your answers on the accompanying answer sheet.**
- 3. Each question has only ONE correct answer**
- 4. You are allowed 50 minutes to complete the examination**
- 5. This exam paper consists of 40 questions**
- 6. You should answer all of the questions**
- 7. The Pass mark for this paper is 30/40**
- 8. The examination consists of TWO sections**
- 9. Your details and selected answers must be marked on the separate answer sheet provided with this paper**

SECTION ONE

This section consists of 30 multiple-choice questions. You should answer every question.

Each question has ONLY ONE correct answer.

- 1 An individual's position on the Mental Health Continuum can be described as:**

 - A Changeable
 - B Constant
 - C Detrimental
 - D Pre-determined
- 2 A person's individual filter on reality is known as their:**

 - A Stress Container
 - B Mental Health Continuum
 - C Frame of Reference
 - D MHFA action plan
- 3 How does stigma affect people's willingness to disclose experiencing poor mental health?**

 - A It has no effect
 - B It makes it harder for them
 - C It makes it easier for them
 - D It depends on their symptoms
- 4 Stigma can affect a person's movement around the Mental Health Continuum by:**

 - A Acting as a motivator
 - B Preventing deterioration
 - C Acting as a barrier
 - D Promoting recovery
- 5 When Mental Health First Aid is being provided to an individual, which of the following would usually be suggested as the first source of professional help?**

 - A General Practitioner
 - B Accident and Emergency
 - C Rehabilitation Programme
 - D Psychiatric Clinic
- 6 Prescribed medication can help:**

 - A Cure mental health conditions
 - B Ease mental health condition symptoms
 - C Prevent mental health conditions from occurring
 - D Develop stress resilience

- 7 To promote recovery, a Mental Health First Aider should demonstrate good:**
- A Eye contact
 - B Leadership skills
 - C Diagnostic knowledge
 - D Mental health literacy
- 8 The impact that a Mental Health First Aider's own Frame of Reference can have on how they provide support to someone with poor mental health is:**
- A Non-existent
 - B Moderate
 - C Significant
 - D Slight
- 9 It is important that Mental Health First Aiders ensure that they regularly:**
- A Meet outdoors
 - B Practice self-care
 - C Record conversations
 - D Consult HR
- 10 For Mental Health First Aiders, sharing their feelings with family members about their experiences of providing Mental Health First Aid can:**
- A Help reduce the Mental Health First Aider's stress
 - B Negatively impact the Mental Health First Aider's mental health
 - C Increase the Mental Health First Aider's risk of developing a mental health condition
 - D Increase the Mental Health First Aider's knowledge of providing mental health first aid
- 11 Experiencing a persistent sad mood is a sign of which of the following mental health conditions?**
- A Bipolar disorder
 - B Anxiety
 - C Depression
 - D Psychosis
- 12 A state of mind that has a negative impact on the way we think, feel, and behave is referred to as:**
- A Wrong mental health
 - B Inadequate mental health
 - C Depressive mental health
 - D Poor mental health
- 13 The symptoms of an anxiety-related panic attack can look the same as the symptoms of:**
- A Depression
 - B A heart attack
 - C A stroke
 - D Psychosis
- 14 Reduced access to relevant mental health services and effective treatments often reflects:**
- A Equality and social disadvantage
 - B Equality and social advantage
 - C Inequality and social disadvantage
 - D Inequality and social advantage

- 15 **Some people experiencing an eating disorder will display weight gain that is:**
- A Slow
 - B Noticeable
 - C Unnecessary
 - D Dramatic
- 16 **It is NOT important for a Mental Health First Aider to be:**
- A Trustworthy
 - B Patient
 - C Degree-educated
 - D A skilled listener
- 17 **Dangerous sexual liaisons, walking into traffic and dangerous driving are examples of which type of behaviour?**
- A Risk-taking behaviour
 - B Suicidal behaviour
 - C Compulsive behaviour
 - D Avoidant behaviour
- 18 **Which of the following is NOT a helpful verbal listening action?**
- A Asking appropriate questions
 - B Asking open questions
 - C Checking your understanding
 - D Talking about your own experiences
- 19 **Which of the following is a symptom of psychosis?**
- A Thought disorder
 - B Increased sleep
 - C Violent behaviour
 - D Rapid heartbeat
- 20 **A mentally healthy workplace will aim to:**
- A Support people to achieve promotions
 - B Prevent reputational risk for the employer
 - C Support the employer to gain brand recognition
 - D Prevent people from becoming unwell
- 21 **An employee has been falling behind with their usual tasks and has missed some key meetings. When you speak to them about their performance they become upset and offer to work at weekends to catch up.**
- What can you do to reduce their presenteeism?**
- A Agree that they should work during the weekend to catch up
 - B Reassure them that they are not in trouble and you are here to help
 - C Suggest that they try to improve their time management skills
 - D Encourage them to reach out to friends if their issues aren't work related

- 22 To build strong relationships in your community:**
- A Be aware of cultural viewpoints around mental health other than your own
 - B Avoid discussion around mental health
 - C Challenge cultural viewpoints around mental health other than your own
 - D Force discussion around mental health
- 23 Supporting an individual to collaborate with their peers in a workplace or community programme setting is likely to:**
- A Benefit the organisation and improve the individual's feelings of contribution
 - B Benefit the organisation and impair the individual's feelings of contribution
 - C Harm the organisation and improve the individual's feelings of contribution
 - D Harm the organisation and impair the individual's feelings of contribution
- 24 Suicide is now the biggest cause of death for men in which age category?**
- A Later life
 - B Youth
 - C Midlife
 - D Senior
- 25 A possible warning sign for suicide is having no sense of:**
- A Direction
 - B Fulfillment
 - C Purpose
 - D Perspective
- 26 Decreased concentration and irritability are what type of symptoms of anxiety?**
- A Social
 - B Personal
 - C Physical
 - D Psychological
- 27 What kind of exercise regimen is a sign of an eating disorder?**
- A Rigid
 - B Planned
 - C Busy
 - D Casual
- 28 Which of the following is a common example of self-harm?**
- A Frequent hair-washing
 - B Biting of finger nails
 - C Repetitive hand-washing
 - D Pulling out hair
- 29 A person with psychosis may be:**
- A Mischievous
 - B Suspicious
 - C Jealous
 - D Curious

30 Which of the following is an example of an unhelpful coping strategy?

- A Establishing a sleep routine
- B Reflecting on experiences
- C Seeking support
- D Working long hours

SECTION TWO

This section (questions 31 – 40) consists of two scenarios. Each scenario has five questions. Each question has ONLY ONE correct answer.

Scenario One

You pass a colleague on the stairs while on your way to an important meeting. Although you have never spoken to this person, you often exchange a nod or a smile as you pass each other.

They appear upset, it looks like they have been crying. When they notice you, they turn away from you.

31 How might you apply the “A” of ALGEE?

- A Give them space and carry on to your important meeting
- B Approach them and say “you seem upset - can I help?”
- C Advise them to speak to their manager about how they are feeling
- D Tell them that they should call the Employee Assistance Programme

32 How do you demonstrate the “L” of ALGEE?

- A Listen non-judgementally to how they are feeling
- B Tell a joke to make them laugh
- C Look up their symptoms on the internet
- D Tell them they should learn from the experience

33 What information and support could you offer?

- A Ask if there is anything that you can do to help
- B Tell them that everyone is under pressure right now
- C Say that as the firm is making redundancies, they may not have to worry soon
- D Say that you saw Bob on front desk upset last week and he is fine now

34 How might you encourage them to seek appropriate professional help?

- A Tell them to speak to human resources
- B Suggest that some people find talking to their doctor useful
- C Suggest they get it out in the open and tell everyone in their team meeting
- D Contact occupational health on their behalf

35 In what way could you encourage them to look at other support?

- A Advise them that gardening always makes you feel better
- B Tell them that they should talk to a friend
- C Suggest that they talk to a friend, colleague or family member
- D Suggest an app that you’ve heard of

Scenario Two

Christine is a community faith leader and has strong links to her local faith community. One of the women in her community, Farah, has not attended Church for a few weeks and she is concerned so she calls by at her house to check in on her. When Farah opens the door Christine is shocked, she has lost a lot of weight and looks physically quite unwell, as Farah leads her through her kitchen and into her living room Christine can see the house has food packaging and rubbish all over and there is barely room to step on the floor or sit on the sofa due to the amount of rubbish.

- 36 What could Christine do in this situation to find out what has been going on for Farah?**
- A Tell Farah she looks terrible and she clearly needs to be eating more and get her house tidied up
 - B Tell Farah she has missed her at Church and ask her what has been going on for her in the last few weeks
 - C Start tidying the flat and ask Farah to fetch her some bin bags
 - D Tell Farah she clearly needs some help and make an immediate phone call to the local GP
- 37 Farah mentions that she's not sure what is wrong with her, but she has barely had the energy to get out of bed, let alone eat or do anything. How can Christine respond to this in a non-judgemental way?**
- A Tell Farah she needs to get a shower and something to eat whilst she begins to tidy up the house
 - B Say to Farah that that sounds like a very tough few weeks and she is sorry to hear she has not been feeling her usual self.
 - C Say to Farah that it sounds like she is suffering with depression and she needs to let it pass
 - D Tell Farah she thinks it's best to get out in the fresh air to help her feel more motivated and energised
- 38 Farah and Christine begin to discuss what might help Farah at this time. How might Christine continue her MHFA conversation with Farah?**
- A Give support and information about some signs and symptoms of mental health conditions and reassurance that there is help available
 - B Suggest ending the conversation at this time and arrange to meet on another day
 - C Ring 999 and say that there is a mental health emergency
 - D Tell Farah it's probably best if she tries to sleep it off as she is probably just exhausted
- 39 How might Christine encourage Farah to access appropriate professional help?**
- A Tell her that she is in a really bad way and needs to get help quickly
 - B Listen to what the expert on morning television has to say about mental illness
 - C Suggest it may be helpful to speak to her GP
 - D Tell her that the Samaritans are able to help people who are suicidal
- 40 Farah has now got a plan in place to access some professional support. Whilst she is waiting to access this, how can Christine encourage Farah to bring in some other supports?**
- A Tell her that if she talks to a friend she may not need the professional support
 - B Suggest to Farah that she uses self-help strategies such as the support of family or friends and support groups
 - C Tell her to post about her experiences on social media
 - D Let her know about the storyline for a TV character who had similar experiences

END OF PAPER