

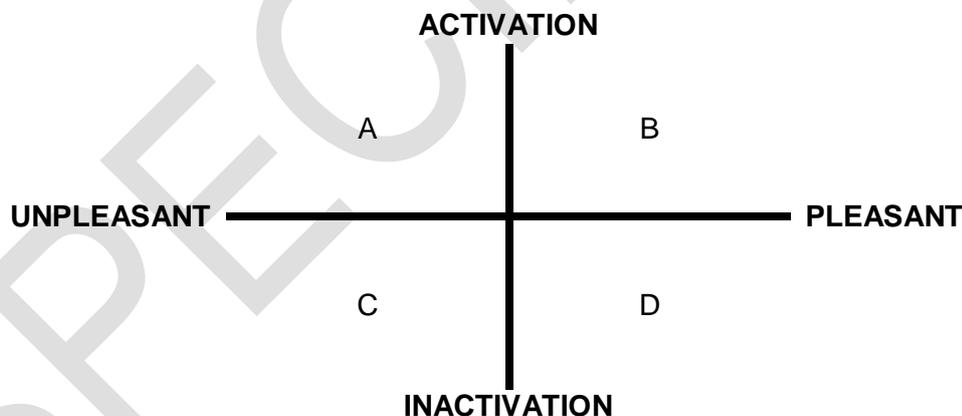
## Level 2 Award In Understanding Mental Wellbeing

### INSTRUCTIONS TO CANDIDATES

- 1 Attempt to answer every question.
- 2 Enter your answers on the accompanying answer sheet. Each question has only **ONE** correct answer.
- 3 You have **30 MINUTES** to complete the examination. When you have finished give your question paper and answer sheet to the person in charge.
- 4 The Pass mark for this examination is 14/20.

Specimen Paper

1. The World Health Organisation describes mental health as:
- A The absence of mental illness
  - B A state of wellbeing
  - C Having full control of your senses
  - D A state of mind
2. All of the following are listed as factors affecting mental health in the government paper 'No Health Without Mental Health', **apart from**:
- A A positive state of mind
  - B Feeling safe and able to cope
  - C A sense of connection with people
  - D Ethnicity
3. Which of the following statements about mental wellbeing is false?
- Mental wellbeing:
- A Stays the same throughout life
  - B Describes how an individual feels
  - C Describes how well someone copes with life
  - D Can change from day to day
4. Someone who has argued about something they feel strongly about is most likely to be in which section of the Activation / Pleasure model of wellbeing?



5. Low mental wellbeing can lead to:
- A Over-exercising
  - B Hopelessness
  - C Positive relationships
  - D Increased confidence
6. Spiritual health is important to mental wellbeing because it means that the person:
- A Regularly attends a place of worship
  - B Does not drink
  - C Leads a good life
  - D Has a sense of meaning to their life

7. Which of the following statements best describes someone with good 'psycho/social health'
- A They have a psychological disorder
  - B They go out a lot
  - C They have high self-esteem
  - D They have no physical illness
8. Not feeling safe where you live:
- A Has a negative impact on mental wellbeing
  - B Has a positive impact on mental wellbeing
  - C Has no effect on mental wellbeing
  - D Is only a problem for older people
9. Positive wellbeing encourages:
- A Close relationships
  - B Religious worship
  - C Feelings of insecurity
  - D Looser family ties
10. Local councils can improve people's mental wellbeing by:
- A Closing transport links
  - B Opening more psychiatric units
  - C Increasing council tax
  - D improving the physical environment
11. Physical activity can improve someone's sense of wellbeing only if:
- A They are supervised
  - B It is on a regular basis
  - C It is carried out in a gym
  - D Proper clothing is worn
12. 'Enhancing Control' is one of four core protective factors for mental wellbeing. The term 'enhancing control' means having:
- A Power to tell others what to do
  - B Other people telling you what to do
  - C Less influence over decisions that affect your life
  - D More influence over decisions that affect your life
13. 'Social inclusion' means people:
- A Receive more benefits
  - B Go out more
  - C Have more access to opportunity
  - D Know their neighbours
14. High unemployment in a community can affect mental wellbeing by increasing:
- A Gang membership
  - B Stress levels
  - C Quality time
  - D Disposable income

15. Connecting with people includes:
- A Knowing the right people
  - B Sharing secrets and gossip
  - C Talking to friends and family
  - D Joining a gang
16. Five ways to wellbeing describes five things you can do to:
- A Earn more money
  - B Improve the way you feel
  - C Make more friends
  - D Budget your money
17. 'Reframing' can be a useful technique for improving mental wellbeing as it helps people:
- A Remember the past
  - B Correct mistakes
  - C Stop doing things
  - D Have a different viewpoint
18. Employers can help to improve the mental wellbeing of their staff by:
- A Offering incentives to exceed production targets
  - B Posting information about mental illness on notice boards
  - C Encouraging staff to take part in leisure activities
  - D Allowing staff to leave early on Friday afternoons
19. One of the Five Ways to Wellbeing is 'take notice'. Which of the practises listed below will help with this?
- A Mindfulness
  - B Physical activity
  - C Healthy eating
  - D Relaxation
20. The phrase 'determine the applications of mental wellbeing in practical situations' applies to all of the following **apart from**:
- A Improving your own mental wellbeing
  - B Improving the mental wellbeing of others
  - C Finding psychiatric provision for mental wellbeing
  - D Raising awareness of mental wellbeing

**END OF PAPER**