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?

![Activation / Pleasure Model](attachment:image.png)

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