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| **LEVEL 2 CERTIFICATE IN AWARENESS OF MENTAL HEALTH PROBLEMS** |
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| **Module C** |
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| **The purpose of the assessment tasks is to provide evidence that you have met the requirements set out by the awarding body in order to pass the course. The information and activities in the learning materials will help you complete these assessment tasks. If you have any difficulty in answering any of the questions, please contact your tutor/assessor who will provide you with help and guidance**.  **Good luck with your studies!** |

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| **LEVEL 2 CERTIFICATE IN AWARENESS OF MENTAL HEALTH PROBLEMS** | | | | |
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| **Module c** | | | | |
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| **After completing your assessment please email it to your tutor/assessor.** | | | | |
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| **ADVICE TO ALL CANDIDATES**  Please complete both the personal details and candidate statement boxes below.  Complete all the questions in this assessment.  Please ensure that the answers you provide are in your own words.  Type your answers in the space provided. The document will automatically allow you to enter more text should the space not be enough for you.  You do not need to return your completed activities for the units – just this document.  Please note that for the purposes of assessing your work, we will assume your typed name is a valid alternative to your signature.  **If you require any assistance or guidance, please contact your tutor/assessor.** | | | | |
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| **CANDIDATE STATEMENT**  I confirm that the answers in this assessment were completed by myself and are my own work.  Signature (type name)tracey drysdale  Date 10/06/2020 | | | | |

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| UNDERSTANDING DEPRESSION | Unit 7 |
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| **Assessment 7.1: The symptoms and causes of depression** | |
| (The reference in brackets at the end of each task refers to the assessment criteria for the learning outcomes of this qualification and is for your tutor's/assessor's) | |
| **1. Define the term 'depression'. (1.1)** | |
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| **2. Differentiate between feeling low and clinical depression. (1.2)** | |
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| **3. Consider the signs and symptoms of depression. Describe the feelings an individual may have when experiencing depression. (3.1)** | |
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| **4. Describe three possible causes of depression. (2.1)** |
| **a)**  **b)**  **c)** |

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| UNDERSTANDING DEPRESSION | Unit 7 |
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| **Assessment 7 .2: The experience of living with depression** | |
| **5. Describe five examples of how depression may affect the individual and their life. (3.2)** | |
| **a)**  **b)**  **c)**  **d)**  **e)** | |
| **6. Describe how a person's depression may affect their family and friends. (3.3)** | |
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| **7. Describe three demands of daily life that may contribute towards maintaining depression. (4.1)** | |
| **a)**  **b)**  **c)** | |

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| UNDERSTANDING DEPRESSION | Unit 7 |
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| **Assessment 7.3: Managing and treating depression** | |
| **8. Describe two examples of local sources of support that should be available to an individual experiencing depression. (5.1)** | |
| **a)**  **b)** | |
| **9. Outline three treatments that are used to treat depression. (5.1)** | |
| **a)**  **b)**  **c)** | |
| UNDERSTANDING DEPRESSION | Unit 7 |
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| **Assessment 7.4: Psychotic depression** | |
| **10. Describe two distinctive features or factors associated with psychotic depression. (1.3)** | |
| **a)**  **b)** | |
| **11. Identify the resources and treatment required to manage a person with psychotic depression. (5.2)** | |
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| UNDERSTANDING POSTNATAL DEPRESSION | Unit 8 |
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| **Assessment 8.1: The symptoms and causes of postnatal depression** | |
| **1. What does the term 'postnatal depression' mean? (1.1)** | |
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| **2. Explain why the terms the 'baby blues' and 'postnatal depression' are not the same thing. (1.2)** | |
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| **3. Consider the common symptoms of postnatal depression. Describe the feelings an individual may have when experiencing postnatal depression. (4.1)** | |
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| **4. Describe six possible risk factors for developing postnatal depression. (2.1)** |
| **a)**  **b)**  **c)**  **d)**  **e)**  **f)** |
| **5. Describe two ways in which postnatal depression can affect the mother. Think about how it can affect her mood and way of thinking. (4.2)** |
| **a)**  **b)** |
| **6. Explain how postnatal depression can affect the mother's ability to bond with her baby. (4.2)** |
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| **7. Describe how postnatal depression can affect family and friends. (4.2)** |
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| **8. Consider the preparations that could be taken before the birth of a baby.**  **Describe five ways in which the risk of developing postnatal depression could be reduced. (5.1)** |
| **a)**  **b)**  **c)**  **c)**  **e)** |

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| UNDERSTANDING POSTNATAL DEPRESSION | Unit 8 |
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| **Assessment 8.2: Managing and treating postnatal depression** | |
| **9. Describe three self-help measures that can be used to manage or overcome postnatal depression. (6.1)** | |
| **a)**  **b)**  **c)** | |
| **10. Describe three possible treatments for postnatal depression. (6.2 and 6.3)** | |
| **a)**  **b)**  **c)** | |
| UNDERSTANDING POST NATAL DEPRESSION |  |
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| **11. Describe two examples of local sources of support that should be available to an individual experiencing postnatal depression. (6.3)** | |
| **a)**  **b)** | |

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| UNDERSTANDING POSTNATAL DEPRESSION | Unit 8 |
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| **Assessment 8.3: Puerperal psychosis** | |
| **12. Describe the distinctive features of puerperal psychosis. (3.1)** | |
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| **13. Describe the facilities/resources that a person experiencing puerperal psychosis would require. (7.1)** | |
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| UNDERSTANDING POST NATAL DEPRESSION |  |
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| **14. Describe the treatments that a person experiencing puerperal psychosis would require. (7.2)** | |
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| UNDERSTANDING BIPOLAR DISORDER | Unit 9 |
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| **Assessment 9.1: The symptoms and causes of bipolar disorder** | |
| **1. Define the term 'bipolar disorder'. (1.1)** | |
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| **2. Give three examples of symptoms that may occur in a manic and a depressive episode. (5.1)** | |
| **Manic episode:**  **a)**  **b)**  **c)**  **Depressive episode:**  **a)**  **b)**  **c)** | |
| UNDERSTANDING BIPOLAR DISORDER |  |
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| **3. Describe the sorts of feelings that a person may have when they are experiencing the highs and lows of bipolar disorder. (3.1)** | |
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| **4. Describe some of the positive effects that bipolar disorder may have on an individual and their life. (3.2)** | |
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| **5. Describe some of the negative effects that bipolar disorder may have on an individual and their life. (3.2)** | |
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| UNDERSTANDING BIPOLAR DISORDER |  |
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| **6. Explain three ways in which bipolar disorder may affect the person's family and friends. (3.3)** | |
| **a)**  **b)**  **c)** | |
| **7. Describe three possible causes of bipolar disorder. (2.1)** | |
| **a)**  **b)**  **c)** | |
| UNDERSTANDING BIPOLAR DISORDER |  |
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| **8. Describe some demands of daily life that may influence symptoms of bipolar disorder. (4.1)** | |
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| **9. Describe how these demands of daily life may influence symptoms of bipolar disorder. (4.2)** | |
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| UNDERSTANDING BIPOLAR DISORDER | Unit 9 |
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| **Assessment 9.2: Managing and treating bipolar disorder** | |
| **10. Describe ways in which an individual with bipolar disorder can help to manage their illness when entering a manic and a depressive episode. (6.2)** | |
| **Manic episode:**  **Depressive episode:** | |
| **11. Describe three ways in which family and friends can help the individual with bipolar disorder to manage their illness. (6.3)** | |
| **a)**  **b)**  **c)** | |
| UNDERSTANDING BIPOLAR DISORDER |  |
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| **12. Give four examples of medical interventions used to treat bipolar disorder. (6.1 and 6.4)** | |
| **a)**  **b)**  **c)**  **d)** | |
| **13. Describe three examples of local sources of support that should be available to an individual experiencing bipolar disorder. (6.4)** | |
| **a)**  **b)**  **c)** | |

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| **Well done!**  **You have now completed the questions for Module C. Please email this document to your tutor/assessor. Your tutor/assessor will provide you with feedback on the assessment. If you need any further help or guidance, please contact your tutor/ assessor.**  **Don't forget to complete the 'Personal details' and 'Candidate statement' boxes on the front page of this assessment.** |