Learning Outcomes
The student should be able to

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<th>Assessment Criteria</th>
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<td>The student can</td>
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<tr>
<td>1</td>
<td>Understand mental health and well-being</td>
<td>1.1 Explain the terms mental health, mental well-being and mental ill-health</td>
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<td>1.2 Analyse three factors that influence mental well-being and mental health</td>
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<td>2</td>
<td>Understand the implications of mental ill-health</td>
<td>2.1 Explain why positive mental health is important</td>
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<td>2.2 Describe contributing risk factors in developing mental ill-health</td>
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<td>2.3 Identify coping strategies for coping with mental ill-health</td>
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Assessment Methodology
A 1000 – 1500 word assignment

Grading of this unit
The following grade descriptors will be applied to the assessment of this unit:

1 Understanding of the subject
2 Application of Knowledge
5 Communication and Presentation
7 Quality

Please refer to the QAA Grade Descriptors for detail of the components of each descriptor
## Indicative Content

### Understand mental health and well-being

The terms:

- mental health – state of emotional and psychological well-being when a person is able to function in society, and meet the demands of everyday life; overall psychological and emotional condition
- mental well-being – coping with stress, life balance, make and maintain friendships/relationships, attend work/studying, healthy lifestyle
- mental ill-health – conditions characterised by the impairment of a person’s normal cognitive, emotional or behavioural functioning

Factors that influence mental well-being and mental health, including:

- biological factors – genetics, stress, abuse, traumatic event, deficiencies of certain vitamins, drug/alcohol misuse
- economic factors – lifestyle, diet, income, poverty, environment, opportunities, education
- social factors – support networks, advice, drug/alcohol use, peers, social isolation, unemployment
- psychological factors – past/current traumatic experiences such as abuse, bereavement, divorce

Why positive mental health is important, e.g., overall well-being, coping mechanisms, interaction, inclusion, enjoyment, fulfilment, achievement, self-esteem, forming/maintaining relationships, education, employment, opportunities.

Risk factors in developing mental ill-health, e.g., overall well-being, unhealthy environment, stress, misuse of drugs/alcohol, certain or recurring medical conditions, serious head injury, isolation, peer group, traumatic events

Strategies for coping with mental ill-health, e.g., talking therapies, medication, changes to lifestyle, peer/support groups, hospital admission, monitoring, accessing mental health services, assessment, action planning, programme approaches.

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