Module C assessment

***NCFE LEVEL 2 CERTIFICATE IN AWARENESS OF MENTAL HEALTH PROBLEMS***

**After completing your assessment please return it to your tutor/assessor**

**CHECKLIST FOR ALL CANDIDATES**

**Tick the check box when you have completed the following:**

* Please complete your details in the ‘Personal details’ box.
* Fill in and sign the ‘Candidate statement’ box below.
* Complete all questions in this assessment. Write your answers in the space provided.
* Add any additional work for any of the questions on plain A4 paper and staple them to the back of this assessment. Write the assessment number and question number (eg Assessment 1.2, question 4) and your name on each additional sheet.
* Take a copy of your work before you return it to your tutor/assessor.

**You do not need to return your completed activities for the units – just this assessment. If you require any assistance or guidance please contact your tutor/assessor.**

**PERSONAL DETAILS**

Name ………………………………………………………………………………………………………………………………………………….…….

Contact Address ………………………………………………………………………………………………………………………………………..

Postcode ………………………………………………………………………………………………………………………………………………….

Telephone no. (evening) ………………………………………………… (day) ……………………………………………………………..

Email (home)………………………………………………………….. (work) ……………………………………………………………………

**CANDIDATE STATEMENT**

I Certify that I began the learning materials for Module C on …………………………\* and have completed all sections in this assessment. I confirm that this is my own work.

Signature ……………………………………………………………….Date ………………………………………………………………………

\*Please insert the date you started working through the course materials for the module.

**Assessment 7.1: The symptoms and causes of depression**

**Understanding depression L/506/3105**

*(The reference in brackets at the end of each question refers to the learning outcomes within the syllabus of this qualification and are for your tutor’s use.)*

1. Define the term ‘depression’. *(1.1)*
2. Differentiate between feeling low and clinical depression. *(1.2)*
3. Consider the signs and symptoms of depression. Describe the feelings an individual may have when experiencing depression. *(3.1)*

**Understanding depression L/506/3105**

1. Describe three possible causes of depression. *(2.1)*

a)

b)

c)

**Assessment 7.2: The experience of living with depression**

**Understanding depression L/506/3105**

1. Describe five examples of how depression may affect the individual and their life. *(3.2)*

a)

b)

c)

d)

e)

1. Describe how a person’s depression may affect their family and friends. *(3.3)*

**Understanding depression L/506/3105**

1. Describe three demands of daily life that may contribute towards maintaining depression*. (4.1)*

a)

b)

c)

**Assessment 7.3: Managing and treating depression**

**Understanding depression L/506/3105**

1. Describe two examples of local sources of support that should be available to an individual experiencing depression. *(5.1)*

a)

b)

1. Outline three treatments that are used to treat depression. *(5.1)*

a)

b)

c)

**Assessment 7.4: Psychotic depression**

**Understanding depression L/506/3105**

1. Describe two distinctive features or factors associated with psychotic depression. *(1.3)*

a)

b)

1. Identify the resources and treatment required to manage a person with psychotic depression. *(5.2)*

**Assessment 8.1: The symptoms and causes of post-natal depression**

**Understanding Post-natal depression (PND) L/506/2889**

1. What does the term ‘post-natal depression’ mean? *(1.1)*
2. Explain why the terms the ‘baby blues’ and ‘post-natal depression’ are not the same thing. *(1.2)*
3. Consider the common symptoms of post-natal depression. Describe the feelings an individual may have when experiencing postnatal depression. *(4.1)*
4. Describe six possible risk factors for developing post-natal depression. *(2.1)*

**Understanding post-natal depression (PND) L/506/2889 Unit 6 assessment**

a)

b)

c)

d)

e)

f)

1. 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)

**Understanding post-natal depression (PND) L/506/2889 Unit 6 assessment**

1. Explain how post-natal depression can affect the mother’s ability to bond with her baby. *(4.2)*
2. Describe how post-natal depression can affect family and friends. *(4.2)*
3. Consider the preparations that could be taken before the birth of a baby. Describe five ways in which the risk of developing post-natal depression could be reduced. *(5.1)*

**Understanding post-natal depression (PND) L/506/2889 Unit 6 assessment**

a)

b)

c)

d)

e)

**Assessment 8.2: Managing and treating post-natal depression**

**Understanding post-natal depression (PND) L/506/2889 Unit 6 assessment**

1. Describe three self-help measures that can be used to manage or overcome post-natal depression. *(6.1)*

a)

b)

c)

1. Describe three possible treatments for post-natal depression. *(6.2 and 6.3)*

a)

b)

c)

1. Describe two examples of local sources of support that should be available to an individual experiencing post-natal depression. *(6.3)*

**Understanding post-natal depression (PND) L/506/2889 Unit 6 assessment**

a)

b)

**Assessment 8.3: Puerperal psychosis**

**Understanding post-natal depression (PND) L/506/2889 Unit 6 assessment**

1. Describe the distinctive features of puerperal psychosis. *(3.1)*
2. Describe the facilities/resources that a person experiencing puerperal psychosis would require. *(7.1)*

**Understanding post-natal depression (PND) L/506/2889 Unit 6 assessment**

1. Describe the treatments that a person experiencing puerperal psychosis would require. *(7.2)*

**Assessment 9.1: The symptoms and causes bipolar disorder**

**Understanding bipolar disorder F/506/2890**

1. Define the term ‘bipolar disorder’. *(1.1)*
2. Give three examples of symptoms which may occur in a manic and depressive episode. *(5.1)*

Manic episode:

a)

b)

c)

Depressive episode:

a)

b)

c)

**Understanding bipolar disorder F/506/2890**

1. Describe the sorts of feelings that a person may have when they are experiencing the highs and lows of bipolar disorder. *(3.1)*
2. Describe some of the positive effects that bipolar disorder may have on an individual and their life. *(3.2)*
3. Describe some of the negative effects that bipolar may have on an individual and their life. *(3.2)*
4. Explain three ways in which bipolar disorder may affect the person’s family and friends. *(3.3)*

**Understanding bipolar disorder F/506/2890**

a)

b)

c)

1. Describe three possible causes of bipolar disorder. *(2.1)*

a)

b)

c)

**Understanding bipolar disorder F/506/2890**

1. Describe some demands of daily life that may influence symptoms of bipolar disorder. *(4.1)*
2. Describe how these demands of daily life may influence symptoms of bipolar disorder. *(4.2)*

**Assessment 9.2: Managing and treating bipolar disorder**

**Understanding bipolar disorder F/506/2890**

1. 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:

1. 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 F/506/2890**

1. Give four examples of medical interventions used to treat bipolar disorder. *(6.1 and 6.4)*

a)

b)

c)

d)

1. Describe three examples of local sources of support that should be available to an individual experiencing bipolar disorder. *(6.4)*

a)

b)

c)

***WELL DONE!***

**You have now completed the assessment questions for Module C. Please staple your assessment together with the completed header sheet at the front and return it to your assessor/tutor. Your assessor/tutor will provide you with feedback on the assessment. If you need any further help or guidance, please contact your assessor/tutor.**

**Don’t forget to complete the Personal Details and Candidate Statement on the front page of this assessment.**