

Where space is not provided, write your answers on a separate piece of paper.

## An Introduction to Mental Health

- 4] 1 What kind of behaviour can prevent people from functioning adequately? [1]  
3] \_\_\_\_\_
- 3] 2 Some behaviour can cause distress to the person experiencing it. One example is the inability to work. Name **one** other example. [1]  
\_\_\_\_\_
- 2] 3 A positive attitude towards yourself and personal growth and development are two factors that encourage ideal mental health. Name **two** other factors. [2]  
2] \_\_\_\_\_  
\_\_\_\_\_
- 4] 4 Social norms are unwritten rules that people are expected to abide by. Name **two** social norms. [2]
- 1] 5 What kinds of mental health problems might loneliness and feelings of isolation lead to? [2]
- 2] 6 Name **two** organisations that exist to help people cope with mental health problems or reduce stigma. [2]

## Effects of Mental Health Problems on Individuals and Society

- 1] 1 Living with a person with significant mental health problems can put a strain on relationships. Give **one** example of how the problems might do this. [2]  
3] \_\_\_\_\_
- 2] 2 Living with a mental health problem can lead to poor physical health. Explain why this might be the case. [2]  
\_\_\_\_\_
- 1] 3 What can impact on the ability to treat and care for people with mental health problems? [1]  
\_\_\_\_\_
- 1] 4 Some conditions, such as addiction, can lead to sufferers becoming aggressive and breaking the law. What other criminal activity might they engage in, and why? [2]  
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- 5] 5 Why might people be reluctant to tell their employer about their mental health problem? [2]  
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