

# Qualification Specification

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*A Learner's guide to the*  
**QNUK Level 1 Award in  
Mental Health Awareness (RQF)**

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## Introduction

This qualification specification outlines key information required by learners to ensure they are able to make an informed decision in regard to the qualifications they are undertaking.

## Qualification purpose

This qualification is aimed at employees. With an increase in poor mental health it is important that individuals understand their own mental health and how common mental health concerns can be identified, with strategies to reduce the risk.

## Qualification objective

The objective for the qualification is to give Learners personal growth and engagement in learning.

## Qualification structure

<b>Qualification accreditation number</b>	603/4547/0
<b>Qualification level</b>	1
<b>Guided learning hours (GLH)</b>	4
<b>Total Qualification Time (TQT)</b>	4
<b>Credit value</b>	1
<b>Validity</b>	Lifetime

## Pre-requisites

This qualification is aimed at those over 18

Due to the language of the assessment, it is recommended that learners have sufficient command of the English language in order to understand the assessment and to undertake the recommended assessment methods.

There are no other pre-requisites for this qualification.

## Delivery requirements

This qualification is typically delivered in a face-to-face format over a half-day period.

Learners should complete the qualification within 3 weeks.

## Optional and additional units

This half day programme forms the first half of the QNUK level 2 Award in Mental Health at Work (RQF) and part of the QNUK Level 3 Award in Mental Health at Work (RQF). There is no RPL for assessment on the other qualifications.

Where combined courses are being delivered, learners completing the longer qualification(s), should NOT undertake the assessment for the shorter qualifications.

## Blended learning

Blended learning is not permitted for this qualification.

## Units of assessment

This qualification is made up of one mandatory unit

<b>Unit one title</b>	Understanding your own mental wellbeing
<b>Unit one reference number</b>	R/617/6046
<b>Level</b>	1
<b>Credit</b>	1
<b>Guided learning hours</b>	4
<b>Status</b>	Mandatory

Details on the knowledge and understanding which will be assessed can be found in Appendix 1 and 2 of this document.

## Assessment overview

Learners are assessed for this qualification using the following method:

- Written examination

The assessment will take place under examination conditions; i.e. learners will sit at least 1.25 metres apart and will not be allowed to confer during the examination. No books, including dictionaries, will be permitted during the examination.

### Written examination

Each learner will be assessed for this qualification by the completion of a written examination paper.

Example questions can be found in Appendix 3 of this document

<b>Method</b>	Written examination
<b>Language of assessment</b>	English
<b>Grading</b>	Pass/Fail
<b>Pass mark</b>	70% (11/15)
<b>Duration</b>	25 minutes

## Reasonable adjustments

All learners are required to complete the assessment in a manner appropriate to the purpose of the qualification, including achieving the required pass mark.

The prescribed assessment method for this qualification should not unfairly disadvantage learners with special needs who would otherwise be able to demonstrate competence in the assessment, in line with the purpose of the qualification.

If you feel the assessment method indicated above would disadvantage you due to your learning needs, please contact your centre to discuss what reasonable adjustments can be made.

## Results

Once you have completed your assessment, the centre is required to submit their results to Qualifications Network for moderation within 10 working days of the date of assessment. We will issue verified results and appropriate certification to the approved centre within 7 working days of receiving those results. Results and/or certificates will then be forwarded to learners by the Centre. Learners should expect to receive all results within 20 working days of the date they take the assessment. If they have not received them within 25 working days, they should contact their centre in the first instance.

## Progression routes

Learners undertaking this qualification may wish to progress in to other mental health related qualifications.

Including:

- QNUK Level 2 Award in Mental Health at Work (RQF)
- QNUK Level 3 Award in Mental Health at Work (RQF)

## Acceptable forms of I.D.

All learners must provide suitable identification documentation (I.D.) prior to being allowed to take an assessment for this qualification. This is a regulatory requirement. Centres must ensure that all I.D. is checked and the I.D. type noted on the Cohort Register.

Learners who do not have an acceptable form of I.D. will not be allowed to take the assessment.

The list below outlines acceptable forms of identification for learners undertaking a regulated qualification with Qualifications Network.

Ideally learners should provide at least 1 form of photo I.D. If photo I.D is not available, 2 forms of non-photographic I.D can be accepted.

Acceptable forms of photographic I.D (1 required) are:

- Signed UK Photo card driving licence
- Signed passport (any nationality)
- Valid EU Photo identity card
- SIA security licence (with photo)
- Current and valid warrant card issued by HM forces or Police
- Current and valid Prison service card (with photo)
- Proof of age card
- Employee photo identification card
- Student photo identification card for a recognised educational establishment
- Firearms license (with photo)

Acceptable forms of non-photographic I.D (2 required) are:

- Birth certificate
- Marriage/civil partnership certificate
- Bank or building society statement or official letter (issued within last 3 months)
- Credit card statement (issued within last 3 months)
- Utility bill – excluding mobile phone bill (issued within last 3 months)
- Benefit statement e.g. child benefit, pension (issued within last 3 months)

## Appendix 1 Learning Outcomes and Assessment criteria

### Unit 1 Understanding your own mental wellbeing

The follow details the Learning Outcomes for this qualification and the assessment criteria referred to within the assessment and used to determine if a learner has met a learning outcome. Further details of how learning outcomes and assessment criteria are covered is included in Appendix 2 Unit 1 Indicative Content.

		Assessment Method	
		WE	Obs
<b>1</b>	<b>Be aware of common mental health disorders, in relation to</b>		
1.1	Defining the terms mental health and mental ill health	✓	
1.2	The impacts of poor mental health on an individual	✓	
1.3	Common mental health issues	✓	
1.4	Ways to reduce the stigma associated with mental health issues	✓	
<b>2</b>	<b>Know how to recognise the causes and impact of stress, in relation to</b>		
2.1	Defining the term stress	✓	
2.2	Factors that increase the risk of stress in an individual	✓	
2.3	The potential signs of an individual with stress	✓	
2.4	The potential impact of stress on an individual	✓	
<b>3</b>	<b>Know how to recognise the causes and impact of common mental health conditions, in relation to</b>		
3.1	Different mental health conditions	✓	
3.2	Factors that increase the risk of mental health conditions in an individual	✓	
3.3	The potential signs of an individual with a mental health condition	✓	
3.4	The potential impact of common mental health conditions on an individual	✓	
<b>4</b>	<b>Know different ways to manage their own mental wellbeing, in relation to</b>		
4.1	Ways to improve mental health and well being	✓	
4.2	Sources of information and support for mental health issues	✓	

## Appendix 2 Unit 1 Indicative content

### 1.1 Defining the terms mental health and mental ill health

Mental health (WHO) “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Mental ill-health can be defined as “a state where an individual’s thinking, emotions and behaviour disrupt their ability to work productively and fruitfully and reduces their ability to contribute to their community.” This ability may be impaired to a mild, moderate or severe level.

### 1.2 The impacts of poor mental health on an individual

Difficulty with, focussing, handling conflict, patience, concentrating. Increased risk of misusing substances, possible physical health problems also.

### 1.3 Common mental health issues

Depression, generalised anxiety disorders, panic disorders, obsessive compulsive disorder, post-traumatic stress disorder (NICE)

### 1.4 Ways to reduce the stigma associated with mental health issues

Education, be inclusive, treat others with respect and dignity, support open conversations, change the use of negative language, refocus attitudes and thinking.

### 2.1 Defining the term stress

'the adverse reaction people have to excessive pressures or other types of demand placed on them'

### 2.2 Factors that increase the risk of stress in an individual

Occupational factors include: Work culture, work rate imposed on an individual, work patterns, workplace environment, risk of violence, lack of job skills/competency. HSE stress management.

### 2.3 The potential signs of an individual with stress

Increased use of substances, lack of patience, low energy, headaches, insomnia,

### 2.4 The potential impact of stress on an individual

Increased reliance on substances, loss of social interaction, high blood pressure, increased risk of medical conditions such as heart attack and stroke.

### 3.1 Different mental health conditions

Depression, generalised anxiety disorders, panic disorders, obsessive compulsive disorder, post-traumatic stress disorder. What each condition is.

### 3.2 Factors that increase the risk of mental health conditions in an individual

Conditions as 3.1. Typically include genetics, excessive use of substances, brain development.

### **3.3 The potential signs of an individual with a mental health condition**

Conditions as 3.1. Signs related to performance at work, behaviours, interactions with others and any common physical appearance changes.

### **3.4 The potential impact of common mental health conditions on an individual**

Impacts related to physical health, relationships, social interactions, harmful coping strategies

### **4.1 Ways to improve mental health and well being**

Exercise, diet, avoidance of loneliness, managing triggers.

### **4.2 Sources of information and support for mental health issues**

GP, local support groups, local activities, national support organisations.



## Appendix 3 Specimen assessment material

**1** Which of the following is the definition of mental health?

- A** A state of being where an individual's mind is negatively affected
- B** A state of being where an individual is free of stress
- C** A state of well-being in which every individual realizes his or her own potential
- D** A condition where an individual should seek attention from their GP

**2** Which of the following are common mental health conditions?

- A** Depression and anxiety
- B** Bipolar disorder and Schizophrenia
- C** Smoking and self-harm
- D** Suicide and stress

**3** Post-traumatic stress disorder

- A** Only occurs in ex-military personnel
- B** Only affects adults
- C** Occurs when an individual is exposed to a traumatic event
- D** Is not a diagnosable condition