

HeadEd Questionnaire (part 2) – Knowledge section - Answers

This section can be used in different ways:

- (a) to assess whether the teaching of these resources has improved the knowledge of students about mental ill health issues; or
- (b) as a stand alone assessment at the end of the course in Lesson 7.

If you wish to track the improvement (or otherwise) over the block of teaching, you will need to ask your students to complete the questionnaire both BEFORE the course starts and AFTER the lessons have finished. You can either:

- 1) complete this on paper and score it yourself manually using the answers below, then compare the scores before and after; or
- 2) ask us for an electronic version for the students to complete online (PC/tablet/smartphone) - we can then provide an analysis for you. Please email mhisproject@york.ac.uk if you are interested in this option. The electronic version covers both the Knowledge questions and the Opinion questions.

Answers

- | | | |
|----|---|-------|
| 1. | Most mental health disorders begin when a person is an adult | FALSE |
| 2. | 1 in 4 people will develop a mental illness at some point over the course of their life | TRUE |
| 3. | Women are more likely than men to have a common mental health problem | TRUE |
| 4. | Mental ill health is the leading cause of sickness absence from work | TRUE |
| 5. | The UK has the highest rate of self harm in Europe | TRUE |
| 6. | Boys do not suffer from Anorexia | FALSE |
| 7. | Extreme / long lasting anxiety can cause physical health problems | TRUE |
| 8. | Binge drinking and drug abuse have no effect on mental health | FALSE |
| 9. | You can always tell if someone has an eating disorder by looking at them | FALSE |
| 10 | More than 2 in 3 people with mental health problems have had negative reactions from friends and family | TRUE |