



Sample Questions

MH1A1 – VTCT (ITEC) Level 1 Award in Mental Health Awareness

1	A state of well-being in which the individual realises their own abilities and can cope with the normal stresses of life, is a definition of:			
A	health	B	mental health	B
C	mental health disorder	D	mental illness	

2	An example of a severe mental illness is:			
A	anxiety	B	depression	D
C	phobia	D	schizophrenia	

3	Which of the following is an 'individual' factor that can affect mental health?			
A	Family conflicts	B	Loneliness	B
C	Negative physical environments	D	Reduced access to open spaces	

4	How many adults in the UK experience mental health conditions in any given year?			
A	1 on 4	B	1 in 12	A
C	1 in 15	D	1 in 20	

5	Feeling low, hopeless and unmotivated are examples of which common mental health condition:			
A	anxiety	B	depression	B
C	phobia	D	schizophrenia	

6	Which of the following campaigns aims to equip people with simple steps to look after their own and other's mental health?			
A	Every Mind Matters	B	Get Into Nature	A
C	Playing Our Part	D	Rise above	

Document History

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v1	04/01/2021	First published	Product and Regulation Manager
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