

This worksheet is designed for AQA GCSE psychology.

It should be completed alongside watching the psych boost video on www.psychboost.com or YouTube.

The AQA GCSE Psychology Specification..

An introduction to mental health, How the incidence of significant mental health problems changes over time

Characteristics of mental health, eg positive engagement with society, effective coping with challenges.

Cultural variations in beliefs about mental health problems.

Increased challenges of modern living, eg isolation.

Increased recognition of the nature of mental health problems and lessening of social stigma.

Effects of significant mental health problems on individuals and society

Individual effects, eg damage to relationships, difficulties coping with day to day life, negative impact on physical wellbeing.

Social effects, eg need for more social care, increased crime rates, implications for the economy.

Characteristics of mental health

Cultural variations in beliefs about mental health problems

Increased challenges of modern living

