

<b>Title</b>	<b>Describe factors that contribute to mental health wellbeing and mental health problems</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>3</b>

<b>Purpose</b>	People credited with this unit standard are able to describe factors that contribute to mental health wellbeing and mental health problems.
----------------	---

<b>Classification</b>	Health, Disability, and Aged Support > Mental Health and Addiction Support
-----------------------	--

<b>Available grade</b>	Achieved
------------------------	----------

---

### Guidance Information

1 References:

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington DC: American Psychiatric Association. Available at: <https://www.psychiatry.org/psychiatrists/practice/dsm>
- Mental Health Commission – Te Kaitātaki Oranga; Ministry of Health. (1998). *Guidelines for Clinical Risk Assessment and Management in Mental Health Services*. Wellington: Ministry of Health in partnership with the Health Funding Authority. Available at: [https://www.moh.govt.nz/notebook/nbbooks.nsf/0/2FE380C25ED2F1B34C25668600741EBA/\\$file/mentalra.pdf](https://www.moh.govt.nz/notebook/nbbooks.nsf/0/2FE380C25ED2F1B34C25668600741EBA/$file/mentalra.pdf)
- Te Pou o te Whakaaro Nui & Ministry of Health. (2018). *Let's get real: Real Skills for people and whānau with mental health and addiction needs*. Auckland: Te Pou o te Whakaaro Nui. Available at: <https://www.tepou.co.nz/initiatives/lets-get-real/107>

2 Definitions:

- *Mental health* (as defined by the World Health Organisation) is “a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community”. This will be referred to as mental health wellbeing.
- *Mental disorders* (as contrasting to mental health wellbeing), “represent disturbances to a person’s mental health that are often characterised by some combination of troubled thoughts, emotions, behaviour and relationships with others. Examples of mental disorders include depression, anxiety disorder, conduct disorder, bipolar (affective) disorder and psychosis”.
- *Mental health problems* refer to any psychological or behavioural signs or symptoms that are not part of normal human development or culture, and which may suggest – or could lead to – a formal diagnosis of a recognised mental health disorder.

- The Werry Centre. (2014). *Real Skills Plus ICAMH/AOD, 2014. A competency framework for the infant, child and youth mental health and alcohol and other drug workforce*. Auckland: The Werry Centre for Child & Adolescent Mental Health Workforce Development. Available at: <https://www.werryworkforce.org/sites/default/files/pdfs/Real%20Skills%20Plus%20Dec%202014%20170315.pdf>
- World Health Organization. (2018). *Fact sheets on sustainable development goals: health targets – Mental Health*. Geneva: World Health Organization. Available at: [http://www.euro.who.int/\\_data/assets/pdf\\_file/0017/348011/Fact-sheet-SDG-Mental-health-UPDATE-02-05-2018.pdf](http://www.euro.who.int/_data/assets/pdf_file/0017/348011/Fact-sheet-SDG-Mental-health-UPDATE-02-05-2018.pdf)

## Outcomes and performance criteria

### Outcome 1

Describe factors that contribute to good mental health and/or wellbeing.

#### Performance criteria

- 1.1 Factors contributing to mental health wellbeing are described in terms of people going about their activities of daily living, including self-care, education, employment and participation in social life.

Range Factors may include but are not limited to – cultural, environmental, physical, economic, psychological, social and spiritual experiences of people going about their activities of daily living across the lifespan (including ageing and migration); evidence is required for three contributing factors for good mental health and wellbeing.

- 1.2 Good mental health is described in terms of lifestyle choices that can be made to promote or enhance a person's mental health wellbeing.

Range lifestyle choices may include but are not limited to – physical activity, recreational activities, dietary or nutrition management, career/employment opportunities, group activities and belonging; evidence is required for three lifestyle choices.

### Outcome 2

Describe factors that contribute to mental health problems.

Range contributing factors may include but are not limited to – cultural, environmental, political, gender, physical, economic, psychological, social, spiritual experiences of trauma (colonisation, historical, personal, collective inclusive of stigma and discrimination); evidence is required for three contributing factors.

#### Performance criteria

- 2.1 Factors that contribute to mental health problems are described in terms of their capacity to render a person vulnerable to stressful life events or adverse risks such as forced migration (in terms of conflict and migration).

---

<b>Planned review date</b>	31 December 2024
----------------------------	------------------

**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	9 December 2010	31 December 2021
Review	2	MM 2020	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0024
--	------

This CMR can be accessed at <https://www.nzqa.govt.nz/framework/search/index.do>

**Comments on this unit standard**

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.