**![A picture containing food

Description automatically generated]()**

**6th October 2021 Level 4 Mental Health**

[Contained within this document are links to video clips, quizzes, templates and academic evidence concerning mental health disorders]

**Link to Secure Student Page –** [**Link**](https://www.classmarker.com/online-test/start/?quiz=a7j5f9590db46ae0)

Pass: L4MentalH

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**Statement -** World Health Organization, 2020. Mental health and psychosocial considerations during the COVID-19 outbreak, 18 March 2020 (No. WHO/2019-nCoV/Mental Health/2020.1). World Health Organization. [Link](https://www.nejm.org/doi/full/10.1056/NEJMp2008017)

* WHO (2020) Mental health and psychosocial considerations during the COVID-19 outbreak. [Link](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2)
* Original study by Tennant et al., 2007 The Warwick-Edinburgh Mental Well-being Scale (WEMWBS): development and UK validation. [**Link**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2222612/pdf/1477-7525-5-63.pdf)
* Stevie Harvey– YouTube[**Link**](https://youtu.be/yWDo-y-tK7k)
* Why is physical activity important in mental health?[**Link**](https://youtu.be/AoUogZSl7a0)
* Health Matters: Community-centred approaches for health and wellbeing [**Link**](https://youtu.be/KCQJTu2MrWk)

**Video/ Media – Information on setting the scene for the aftermath of COVID-19 and Mental Health**

* Visual Representation of Depression - Extrovert Edition [Link](https://youtu.be/gfgGxd0G2Ms)
* Coronavirus: Mental Health and Wellness During the COVID-19 Pandemic [Link](https://youtu.be/FqprqUd56_g)
* Anxiety: What You Should Know [Especially During Coronavirus Outbreak] [Link](https://youtu.be/T4E2JzmIraw)
* Brain and Mental Health | Nucleus Health [Physiology] [Link](https://youtu.be/MyxCjnHqBq8)
* Depression and its treatment [Link](https://youtu.be/Yy8e4sw70ow)
* Exercise is brain food | Angela Ridgel | TEDxKentState [Link](https://youtu.be/959dm4O3buI)
* The brain-changing benefits of exercise | [Link](https://youtu.be/BHY0FxzoKZE)
* Exercise, Stress, and the Brain [Link](https://youtu.be/xpy_rAWSWkA)
* Exercise, Depression, and Anxiety: The Evidence [Link](https://youtu.be/ILRqYb4ZPrk)
* The Mental Health Fallout of Doctors From COVID-19 [Link](https://youtu.be/yncn7d-384k)
* How the coronavirus pandemic is turning into a mental health crisis | COVID-19 Special [Link](https://youtu.be/lx1X7FtxdOc)
* COVID-19 and kids' mental health [Link](https://youtu.be/lLzTzzc5Zew)
* What will be the long-term impact of Covid-19 on children? [Link](https://youtu.be/8uT-fHl2Av0)
* How the coronavirus pandemic is impacting mental health [Link](https://youtu.be/LhY6B1nAvic)
* Physical activity guidelines: infographics Links Current Guidelines! [Link](https://www.gov.uk/government/publications/physical-activity-guidelines-infographics)

**Community Mental Health Initiatives [May be used for observation booklet]**

* How Mental Health is Fuelling a Fitness Revolution [Link](https://youtu.be/-oheH-lHjVU)
* Mental fitness programme helps Rugby League fans to 'offload' [Link](https://youtu.be/ckdXXX6n-sE)
* Walking Netball: the scheme combatting loneliness [Link](https://youtu.be/uCoeOJiZvD8)
* How walking football is helping men with mental health problems [Link](https://youtu.be/UO0fC0F6UWk)
* Walking Football Scotland's Mental Health Charter for Physical Activity and Sport [Link](https://youtu.be/NfnGimAkN7I)
* Premiership football stars and Prince William discuss mental health - BBC [Link](https://youtu.be/GEUoV7zJ8R0)

**Mood Diary Examples**

* Caldeira, C., Chen, Y., Chan, L., Pham, V., Chen, Y. and Zheng, K., 2017. Mobile apps for mood tracking: an analysis of features and user reviews. In AMIA Annual Symposium Proceedings (Vol. 2017, p. 495). American Medical Informatics Association. [Link](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5977660/)
* NHS Bershire Healthcare Mood Diary [Link](https://www.berkshirehealthcare.nhs.uk/about-us/about-us/mood-diary/)
* Benson, T., Sladen, J., Liles, A. and Potts, H.W., 2019. Personal Wellbeing Score (PWS)—a short version of ONS4: development and validation in social prescribing. BMJ open quality, 8(2), p.e000394. [Link](https://bmjopenquality.bmj.com/content/8/2/e000394.abstract) & Erratum [Link](https://bmjopenquality.bmj.com/content/8/3/e000394corr1.full)
* Luxton, D.D., McCann, R.A., Bush, N.E., Mishkind, M.C. and Reger, G.M., 2011. mHealth for mental health: Integrating smartphone technology in behavioral healthcare. Professional Psychology: Research and Practice, 42(6), p.505. [Link](https://www.researchgate.net/profile/David_Luxton/publication/232586667_mHealth_for_Mental_Health_Integrating_Smartphone_Technology_in_Behavioral_Healthcare/links/54a1ed1b0cf267bdb902c8e6.pdf)
* GAD-7 Score Document[Link](https://www.torbayandsouthdevon.nhs.uk/uploads/score-sheet-gad-7-anxiety-and-phq-9-depression.pdf)
* PHQ Screeners Various [Link](https://www.phqscreeners.com/select-screener)
* HADS Score Document [Link](https://www.svri.org/sites/default/files/attachments/2016-01-13/HADS.pdf)
* PHQ-9 Document [Link](https://www.med.umich.edu/1info/FHP/practiceguides/depress/phq-9.pdf)
* IPAQ [Link](http://www.sdp.univ.fvg.it/sites/default/files/IPAQ_English_self-admin_long.pdf)
* NHS Medication List [Link](https://www.nhs.uk/medicines/)

**Research in COVID-19 and Mental Health [The aftermath]**

* Greenberg, N., Docherty, M., Gnanapragasam, S. and Wessely, S., 2020. Managing mental health challenges faced by healthcare workers during covid-19 pandemic. *bmj*, *368*. [Link](https://www.bmj.com/content/bmj/368/bmj.m1211.full.pdf?fbclid=IwAR39_gCqo8mvI2Z7nQdSytchdGvlYgmkgkIeWAZ41mcMfItosadxN0nArSg)
* Galea, S., Merchant, R.M. and Lurie, N., 2020. The mental health consequences of COVID-19 and physical distancing: The need for prevention and early intervention. JAMA internal medicine, 180(6), pp.817-818. [Link](https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2764404)
* Gao, J., Zheng, P., Jia, Y., Chen, H., Mao, Y., Chen, S., Wang, Y., Fu, H. and Dai, J., 2020. Mental health problems and social media exposure during COVID-19 outbreak. Plos one, 15(4), p.e0231924. [Link](https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0231924)
* Zhou, X., Snoswell, C.L., Harding, L.E., Bambling, M., Edirippulige, S., Bai, X. and Smith, A.C., 2020. The role of telehealth in reducing the mental health burden from COVID-19. Telemedicine and e-Health, 26(4), pp.377-379. [Link](https://www.liebertpub.com/doi/full/10.1089/tmj.2020.0068)
* Wind, T.R., Rijkeboer, M., Andersson, G. and Riper, H., 2020. The COVID-19 pandemic: The ‘black swan’for mental health care and a turning point for e-health. Internet interventions, 20. [Link](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7104190/)
* Harris, M.A., 2018. The relationship between physical inactivity and mental wellbeing: Findings from a gamification-based community-wide physical activity intervention. Health psychology open, 5(1), p.2055102917753853. [Link](https://journals.sagepub.com/doi/pdf/10.1177/2055102917753853)
* Wade, M., Mann, S., Copeland, R.J. and Steele, J., 2020. Effect of exercise referral schemes upon health and well-being: initial observational insights using individual patient data meta-analysis from the National Referral Database. J Epidemiol Community Health, 74(1), pp.32-41. [Link](https://jech.bmj.com/content/74/1/32.full)

**Links to Original Research Concerning Psychological Theories**

* Liu, J.J., Bao, Y., Huang, X., Shi, J. and Lu, L., 2020. Mental health considerations for children quarantined because of COVID-19. The Lancet Child & Adolescent Health, 4(5), pp.347-349. [Link](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(20)30096-1/fulltext?luicode=10000011&lfid=1076036655475536&u=https%3A%2F%2Fwww.thelancet.com%2Fjournals%2Flanchi%2Farticle%2FPIIS2352-4642%2820%2930096-1%2Ffulltext)
* Trivedi, M.H., Greer, T.L., Grannemann, B.D., Church, T.S., Galper, D.I., Sunderajan, P., Wisniewski, S.R., Chambliss, H.O., Jordan, A.N., Finley, C. and Carmody, T.J., 2006. TREAD: TReatment with Exercise Augmentation for Depression: study rationale and design. Clinical Trials, 3(3), pp.291-305. [Link](http://www.medlive.cn/uploadfile/2011/1013/20111013011258481.pdf)

**SELF-DETERMINATION THEORY (SDT)**

* Deci, E. L., & Ryan, R. M. (2012). Self-determination theory. In P. A. M. Van Lange, A. W. Kruglanski, & E. T. Higgins (Eds.), Handbook of theories of social psychology (p. 416–436). Sage Publications Ltd. [Link](https://doi.org/10.4135/9781446249215.n21)
* Deci, E.L. and Ryan, R.M., 2008. Self-determination theory: A macrotheory of human motivation, development, and health. *Canadian psychology/Psychologie canadienne*, *49*(3),p.182. [Link](http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.996.3690&rep=rep1&type=pdf)
* Ryan, R., 2009. Self determination theory and well being. *Social Psychology*, *84*(822), p.848. [Link](https://richarddehoop.nl/upload/file/self-determination.pdf)
* Deci, E.L. and Ryan, R.M., 2008. Self-determination theory: A macrotheory of human motivation, development, and health. *Canadian psychology/Psychologie canadienne*, *49*(3), p.182. [Link](http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.996.3690&rep=rep1&type=pdf)
* Teixeira, P.J., Carraça, E.V., Markland, D., Silva, M.N. and Ryan, R.M., 2012. Exercise, physical activity, and self-determination theory: a systematic review. *International journal of behavioral nutrition and physical activity*, *9*(1), p.78. [Link](https://ijbnpa.biomedcentral.com/track/pdf/10.1186/1479-5868-9-78)

**SOCIAL COGNITIVE THEORY**

**Books on Stress and Mental Health**

* Physical Activity and Mental Health [Link](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:00f0b875-55dd-4e0b-bbbe-1c41ef8ea561)
* Promoting physical activity: a guide for community action [Link](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:d3e4eb65-e642-423b-b03e-6dee2f34b642)
* Stress and Hypertension - Examining the Relation between Psychological Stress and High Blood Pressure [Link](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:2d0c0138-1bd8-499f-ab30-89c2c63e1c39)