



WRIGHT FOUNDATION

Specialist MENTAL HEALTH COURSE**Assessment: Case-Study Report Task Instructions****Case Study Task**

The case study will be provided by the course lecturer. **Case study (Section 1-10 to be completed)**

You must use fictitious names and localities in your report.

Information to inform your report can be collected by observation or using information from the internet or your course manual.

Please answer the questions outlined below in order with clear headings per section. The questions will provide a logical structure to your case study report.

1. Describe the experience of an individual taking part in an ERS. What exercise are they doing, at the facility and away from it?
What ADLs and PALs or activities have you suggested the client does when not in the centre (Nordic walking, dog walking, gardening etc) and what are they doing in centre during the intervention (gym 1-2-1, circuit class etc)
2. What elements of the scheme does the individual perceive as important?
Each client will have a different element they feel is important. Meeting other people, 1-2-1 support, ADL or PAL activities etc
3. What positive and negative experiences does the participant anticipate and experience from being in the ERS?
Table. Positives one side and Negatives the other side (more positives than negatives)
4. What are the pros and cons attached to being involved in the ERS for the individual?
Table. Pros one side and Cons the other side (more positives than negatives)
5. What are the key positive and negative influences on the individual's experiences in the ERS?
Table. Positives one side and Negatives the other side (more positives than negatives)

6. How does the individual perceive the role of the exercise practitioner? (What are you there for)?
What does the client think you do? Train them as a PT, support them in the gym, buddy with them in classes etc
7. What is the perceived role of the exercise leader on the participants' experience?
What do you think you do? Support, 1-2-1, PT, advise etc?
8. What are the key factors that may impact on the likelihood of the individual maintaining an active lifestyle more generally?
Goal setting, SMART planning, signposting etc
9. Did the involvement in the ERS have any influence on helping the individual to regulate mood and manage less healthy behaviours (e.g., snacking, smoking)?
Did the client manage their behaviours with things like food diary, Mood diary, smoking cessation etc?
10. What measures did you use to assess any changes in physical activity and mental health?
Personal goals, Pre and post clinical measures (BP/BF%, GAD scores etc)

ASSESSMENT AND DEADLINE

ALL sections must be completed and passed in order to achieve an overall pass.

Minimum pass mark is 70%.

You have 12 weeks in which to produce and submit your case study report (from the last day of your course).

Submission deadline:

If you cannot meet this deadline you must contact WRIGHT Foundation who are able to grant extensions.

If you have any queries about the assessment, please contact the WRIGHT Foundation on :
Tel. 01307 469055 or Email: casestudies@wrightfoundation.com.

FORMATTING/ WORD COUNT REQUIREMENTS

- Font size 12
- Line spacing at 1.5
- WORD COUNT (not including images and appendices) must be a minimum of 4,500 to a maximum of 6,000 words in total (including question headings)
- Pages numbered
- Cover sheet see template) for example
- Appropriate references and a references list must be included.
(Referencing style should follow that used in the course manual)

CASE STUDIES which do not comply with these requirements will be returned to the student unmarked.

SUBMISSION OPTIONS

1. EMAIL — THIS IS THE FASTEST OPTION AND IS FREE OF CHARGE

Submit as one Word document (PC-based software) to casestudies@wrightfoundation.com

ENSURE THAT YOUR CASE STUDY IS ATTACHED TO YOUR MESSAGE AS ONE DOCUMENT ONLY.

If you do not receive a receipt email from the office please contact us to make sure your work has been received.

OR

2. POST— Hand written reports are acceptable but will take longer to process we make a £30 charge to cover our administration costs.

Please contact the office if you wish to submit by post – 01307 469055

PLEASE KEEP A COPY OF YOUR CASE STUDY FOR YOUR RECORDS. IT IS YOUR RESPONSIBILITY TO ENSURE THAT WE HAVE RECEIVED YOUR CASE STUDY REPORT.