

PROGRAM:	ERASMUS+
ACTION / SUBPROGRAM:	Key Action 2 / Strategic Partnerships
PROJECT TITLE:	“OSH+ for the European Agriculture sector - Stimulating growth in rural areas through capacity building for providers (and beneficiaries) of occupational medicine and OSH services”
DOCUMENT:	C2-Training Course for Occupational Medicine physicians – Individual Exercise

Module 12: Mental health and wellbeing in the agricultural sector

Individual Test

Instructions

The questions below are multiple-choice questions that ask you to select one or more answer choices from a list of choices. A question may or may not specify the number of choices to select.

Please tick the box corresponding to the right answers.

Questions

1. Mental health promotion is not concerned with which one of the following?
 - a. Improving individual coping behaviours
 - b. Seeking to promote positive feelings
 - c. Treating mental illness
 - d. Changing environmental factors that influence mental health
2. Which of the following is not a significant source of occupational stress for farmers?
 - a. Long working hours
 - b. Role ambiguity
 - c. Low levels of social support
 - d. Financial pressures
3. A common intervention for mental health promotion at work is:
 - a. Reducing workplace noise levels
 - b. Case management
 - c. Reorganising the way that work is carried out
 - d. Introducing an Employee Assistance Programme
4. The most common mental health problems relating to long term absence from work are:
 - a. Drug abuse
 - b. Depression
 - c. Alcohol abuse
 - d. Work-related stress

5. What is the biggest single cause of early retirement from work due to health reasons?
 - a. Musculoskeletal disorders
 - b. Cardiovascular illnesses
 - c. Early onset diabetes
 - d. Mental health problems

6. Risk assessment of stress in the workplace involves:
 - a. Teaching workers to cope better with stress
 - b. Identifying and assessing psychosocial hazards
 - c. Referring workers with mental health issues for treatment
 - d. Trying to remove sources of stress at source

7. Which of these contextual factors needs to be taken into account when addressing mental health issues in farming?
 - a. The state of the economy
 - b. Levels of income in farming
 - c. The complex nature of farms as workplaces and homes
 - d. Telecommunications infrastructure

8. Examples of good practice of occupational health services for farmers in Finland do not involve which of the following activities:
 - a. Health and safety training
 - b. Risk assessments
 - c. Assessment of farm family health needs
 - d. Health checks for farmers

9. Which of the following statements is not true?
 - a. Employers do not benefit as much as the health care sector from preventing mental health problems
 - b. Good Return To Work practice involves active case management
 - c. Health needs analysis involves addressing general health as well as occupational health
 - d. The costs of mental health problems to society are higher than the costs for cardiovascular diseases

10. The UK Standard in risk assessment has a number of principles. Which one of the following is not one of these principles:
 - a. Work with defined groups
 - b. Focus on working conditions, not individuals
 - c. Focus on small issues
 - d. Involve employees

Correct answers

Question	Correct answer
1	c
2	b
3	c
4	b
5	d
6	b
7	c
8	a
9	a
10	c