Formulating Questions

In this inquiry-based task, you will build upon the introduction to mental illnesses and addictions presented in the Jack Talk by selecting a specific mental illness or addiction from the provided list to explore further. You will then formulate several inquiry questions that follow the criteria for effective questions outlined in class.

Process:

1. **Select a Topic**
   Choose one mental illness or addiction from the provided list.

2. **Brainstorming**
   Create a mind map — or another brainstorming method of your choice — to capture your initial thoughts and questions regarding your topic.
   ☐ Causes and Risk Factors
   ☐ Signs and Symptoms
   ☐ Diagnosis and Treatment
   ☐ Personal Impact
   ☐ Community Impact

3. **Question Development**
   Follow the Question Formulation Technique (QFT) discussed in class.
   ☐ **P**roduce questions
   ☐ **I**mprove questions
   ☐ **P**rioritize questions
   ☐ Reflect and revise questions
   ☐ Peer review
   ☐ Refine final guiding questions

Product:

You should aim to have at least one question for each of the subtopics:

☐ Causes and Risk Factors

☐ Signs and Symptoms

☐ Diagnosis and Treatment

☐ Personal Impact

☐ Community Impact

Topics:

Eating disorders

- Anorexia nervosa
- Bulimia nervosa
- Binge eating
- Orthorexia

Mood disorders

- Depression
- Bipolar disorder
- Seasonal affective disorder
- Postpartum depression

Anxiety disorders

- Social anxiety disorder
- Generalized anxiety disorder
- Panic disorder
- Specific phobia

Personality disorders

- Borderline personality disorder
- Obsessive-Compulsive Disorder
- Antisocial personality disorder

Substance use disorders

- Alcohol Use
- Cannabis Use
- Opioid Use
- Commercial Tobacco Use

Psychotic disorders

- Schizophrenia
- Delusional disorder

For any other topics of interest, speak to your teacher.

Assessment Criteria:

Open-Ended Nature

☐ Do the questions encourage detailed responses and further investigation?

☐ Are the questions structured to avoid a single, straightforward answer?

Clarity and Specificity

☐ Do the questions clearly convey what information or insight is being sought?

☐ Are the questions free from vague or broad terms?

Complexity and Depth

☐ Do the questions require more than surface-level thinking or simple recall of information?

☐ How well do the questions challenge the respondent to think critically?

Exploratory Potential

☐ Do the questions allow for multiple viewpoints or interpretations?

☐ How well do the questions encourage further inquiry or exploration of related issues?

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Date :_____

Name:_____

Topic: _____

	Met	Developing	Not Met
Open-Ended Nature *Do the questions encourage detailed responses and further investigation?* *Are the questions structured to avoid a single, straightforward answer?*			
Clarity and Specificity *Do the questions clearly convey what information or insight is being sought?* *Are the questions free from vague or broad terms?*			
Complexity and Depth *Do the questions require more than surface-level thinking or simple recall of information?* *How well do the questions challenge the respondent to think critically?*			
Exploratory Potential *Do the questions allow for multiple viewpoints or interpretations?* *How well do the questions encourage further inquiry or exploration of related issues?*			
Comments:			