

# Extension

Now that you have formulated your inquiry questions, it's time to look for some answers!

You will conduct research to gain a comprehensive understanding of your chosen topic, including its **causes, signs and symptoms**, and **effects on personal health and wellbeing**.

Through your exploration, you will develop empathy, critical thinking skills, and awareness of the impact of mental health issues on individuals and society.

After completing your research, you will organize and share your findings with peers.

## Task Components:

### 1. Research and Investigation

- a) **Causes and Risk Factors:** Investigate the various factors contributing to the development of the chosen mental illness or addiction. Consider the social determinants of health.
- b) **Signs and Symptoms:** Explore the signs and symptoms associated with the chosen topic. Examine how these manifestations may differ among individuals and across various stages of the disorder.
- c) **Diagnosis:** Research common diagnostic procedures and tests used to identify the condition. Understand how healthcare professionals assess the presence and severity of the condition. Identify any challenges or issues related to diagnosis, such as stigma, misdiagnosis, or difficulties in assessment.
- d) **Treatment:**
  - i) **Methods:** Investigate the various treatment options available, including but not limited to Western medicine.
  - ii) **Effectiveness:** Examine the effectiveness of different treatments, including potential benefits, side effects, and limitations.
  - iii) **Access:** Research the accessibility of treatments, including availability, cost, and barriers to care.

- e) Effects on Personal Health and Wellbeing: Analyze the impact of the mental illness or addiction on an individual's overall health and wellbeing. Consider physical, emotional, social, and occupational effects.
- f) Effects on Society: Investigate the broader societal implications of the chosen topic, including stigmatization, healthcare resources, and policies addressing mental health and addiction.

## 2. Cite Reliable Sources

- a) Use Credible Sources: Ensure your research is based on credible and reliable sources, such as peer-reviewed journals, reputable mental health organizations, and academic publications.
- b) Proper Citations: Accurately cite all sources used in your research to maintain academic integrity and allow others to verify your information.

## 3. Organize Your Findings:

- a) Create a Structured Report: Organize your research into a well-structured report or presentation. Include sections on causes, signs and symptoms, diagnosis, treatment, and personal impacts.
- b) Visual Aids: Consider using charts, graphs, or infographics to present data and make your findings more accessible. Include relevant statistics, case studies, and examples to support your points.

## 4. Reflection

Reflect on your learning journey throughout the inquiry process. Consider how your understanding of mental health and addiction has evolved, how this knowledge can impact your perspective on mental health issues, and the importance of addressing these issues in society.

## 5. Peer Discussion

Engage in a group discussion where you and your peers share your findings, insights, and reflections. Participate in respectful dialogue and the exchange of diverse perspectives.

Date : \_\_\_\_\_

Name: \_\_\_\_\_

## Evaluation Criteria

	Met	Developing	Not Met	Comments
<p><b>Depth of Research:</b> Thorough exploration of the chosen mental illness or addiction.</p>				
<p><b>Critical Thinking:</b> Analysis and synthesis of information gathered from multiple, reliable sources.</p>				
<p><b>Presentation Quality:</b> Clarity, organization, and creativity in presenting findings.</p>				
<p><b>Empathy and Awareness:</b> Demonstrated understanding of the impact of mental health issues on individuals and society.</p>				
<p><b>Participation:</b> Active engagement in peer discussions and willingness to contribute constructively to the learning environment.</p>				