

C2 Mark Scheme – *Mental Health*

- 1.1 a) For how long has Rob Blackburne been holding therapy sessions for players? [1]
- 6 years
- b) Name one of Blackburne's previous professions. [1]
- Chelsea goalkeeper or personal trainer
- c) According to Blackburne, at what age do footballers earn big money? [1]
- 18
- 1.2 How does Blackburne show the pressures that footballers face? [10]

Some points candidates may explore:

- Starts with anecdotal evidence – accusations and threats in the pub
- Labels it the 'ugly truth which about the macho culture which poisons the beautiful game' – that punishes weakness, creating huge expectations
- Stark examples of real suicides – Gary Speed and Robert Enke are used to show extreme impact
- Blackburne normalises with untold stories that are 'much more common'
- Gives examples of the types of problems encountered – coping with public scrutiny, putting high demands upon themselves.
- Players fear judgement from their clubs
- Players feel 'clubs do not support them enough'
- Reveals some players have been dropped after 'admitting' their mental health problems
- Humanises/empathises by revealing own 'meltdown'
- Blackburne's example of feeling like he had to be 'a warrior' when inside he was 'crumbling' when his mother was ill – shows the paucity of support
- After a breakdown he admits as a coach he 'didn't want to seem weak' – pressure to be a leader
- Shows empathy/familiarity is key to solving what is 'almost always a mindset problem'
- Suggests communication is at the heart of problem and gives solutions – life skills should've been taught at school
- Social media which 'can be devastating' – cites a case where a player felt 'everybody was abusing him'
- Outlines problems facing older players when they 'regress' from a powerful youthful start – 'you have nothing' at 35.
- Compares players at the 'end of their careers' to a 'normal person...at the top of their game' at 35
- Relief at the end that FA and other players are supporting his podcast to combat the 'unseen epidemic'.

To answer these questions you will need to read *Ten Days in a Madhouse* by Nellie Bly.

- 1.2 a) What reason does the doctor give to Bly for her being unable to leave with him?
- He's assisting an amputation [1]

b) What does Bly learn about Miss Ball?

- She is to be avoided [1]

c) Why is Miss Neville transferred to Bellevue?

- Her nephew can't afford her medical care/he is unable to pay her expenses at the hospital [1]

1.4 'Bly creates a very unpleasant impression of the asylum.' To what extent do you agree with this statement? [10]

Some points candidates may explore:

- Bly begins with dismissive attitude to her fears from doctor who abandons her there, thinking 'he was dealing with an insane person' – lack of sympathy
- There is incongruously mention of an amputation - in a mental-health hospital – is it a coercive threat? If real is it an appropriate treatment for a mental health concern?
- The 'most horrible insane cries' are heard outside – disturbing
- Bly feels 'a chill', or fearful, of being 'shut up' or trapped with a 'fellow-creature who was really insane'
- Even though the doctor 'noticed her nervousness' he left her there anyway, suggesting there is little empathy, warmth or reassurance from the staff
- Bleak presentation of the hall - scrubbed clean, uncarpeted, padlocked doors, 'hard' chairs - sparse furnishings
- Dinner is 'dished out' suggesting routine/lack of care or warmth
- Miss Ball is 'armed' with a bunch of keys suggesting both aggression and power/control – she can determine freedoms
- Miss Ball is 'to be avoided' suggesting she is unpleasant or even cruel
- Mary the maid offers relief for Bly – she is 'glad to know there is such a good-hearted woman in that place'
- Mary seems like one of few kind people Bly meets there – 'kindness and utmost consideration' received 'from her alone' is contrasted with the surroundings and heartlessness of other staff
- Another 'patient', Miss Neville, is a sympathetic character – has become 'sick from overwork' but has 'nothing wrong' with her brain and is there purely because of financial hardship
- She is 'unable to convince anyone I'm sane' and feels she is not listened to – seems trapped
- Bly realises Miss Neville is 'in desperate need of medical aid, but quite sound mentally' – she is a victim of circumstance and is being left to suffer
- A further patient, Mrs. Fox, is quiet and 'very weepy' suggesting the patients are miserable
- Bly is fearful her pretence of mental illness will be uncovered by 'the first doctor'
- Disparaging tone about patients – 'as they were called' – suggests they are treated otherwise – maybe as inmates?
- Bly left determined to uncover more and feels it will be easy to convince doctors she is not sane and therefore accomplish her journalistic mission – staff are narrow minded and don't see the truth about their patients.

To answer these questions you will need to use both texts.

1.5 Explain in your own words the attitudes in each text towards people with mental health concerns. [4]

Some points candidates may explore:

Blackburne: weakness/failure is unexpected. Blackburne felt he had to cast himself to others as a warrior, footballers expect they might be dropped from team, more getting involved after podcast.

Bly: dismissive/uncaring professionals – Dr ignores Bly's own concerns, no one listens to Anne Neville, Mrs Fox is deemed hopeless by Bly.

1.6 Both of these texts describe treatment for mental health concerns. [10]
Compare:

- The reasons given for people receiving treatment for mental health problems in each text.
- How the writers get their views about treatment for mental health problems across to the reader.

Some points that candidates may explore:

Blackburne – reasons: public scrutiny and aggression, private pressure/high expectations of self, problems within romantic relationships, issues with coach, social media, family health,.

Attitude – paints a negative picture of the treatment of footballers in public/social media to create understanding/empathy, tone is supportive to individuals, empathic – emphasises the need to listen and identify with sufferers and to encourage self-help through questioning their own responses, publicises that he is raising awareness via podcast, emphasises that treatment is essential.

Bly – reasons: over-work/health gave way, physical medical needs, poverty (Miss Neville), distress (Mrs. Fox), fakery/pretence (Bly herself), insanity.

Attitude - sympathetic, sees it's cold hearted, horrified, easy to fake.

Tone factual and uncompromising, allowing reader to judge. Language is kind and sympathetic towards sufferers and less kind/more critical towards staff. 'Inmates' or sufferers depicted as mentally sound and trapped. Bleak picture of the institution and apparent lack of kindness towards patients encourages sympathy from readers.