

# Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Causes of Anxiety

**Unit Reference Number:** K/618/1236

**Level:** Entry Level Two (2)

**Credit Value:** Two (2)

**Minimum Guided Learning Hours:** 20

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about anxiety	1.1 Identify what anxiety is
	1.2 Identify a minimum of three causes of anxiety in everyday life
	1.3 Identify two signs of anxiety
	1.4 Give examples of ways to deal with anxiety