Examining the Relation Between Mental Health Literacy and Perceived Mental Health Status Among Female College Students: A Pilot Study

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INTRODUCTION & BACKGROUND

- Mental Health is a state of well-being when a person knows his or her own capability, can manage the normal stresses in daily life, can be productive and able to participate in the process of building and progression of the community (WHO, 2017).
- Mental Health Literacy is the knowledge and beliefs about mental disorder which aid their recognition, management or prevention.
- A person can achieve adequate mental health literacy when he/she can attain the dimensions of mental health literacy (Jorm et al, 1997).
- Globally: The World Health Organization is focused on health literacy as a determinant of health outcomes (WHO, 2017).
- Internationally: The European Union, Australia, the U.S., and Asia provide numerous studies on the burden of mental illnesses.

PURPOSE OF THE STUDY

To examine the relationship between mental health literacy and self-reported mental health status among Abu Dhabi college students.

METHODS

- Cross sectional design
  - Primary Data Collection
  - Zayed University Female Campus

- N=122 participants
  - Anonymous Survey with Consent
  - Students were asked to read a consent form that explained the purpose and benefit of the study
  - Survey tool provided only in English language

RESULTS

- This study supported hypotheses and found that differences exist between students with self-reported levels of mild and moderate depression and level of mental health literacy.
- Statistically significant results were found for dimension 4, “knowledge of professional help available” and dimension 6, “attitude that promotes recognition and appropriate help-seeking behavior” (p ≤ 0.05).
- Significant differences were found between students with self-reported levels of anxiety, and 3 dimension of mental health literacy: ability to recognize disorder, knowledge of professional help available, and attitude that promotes recognition and appropriate help-seeking behavior. (p ≤ 0.05).

REFERENCES


