Examination of e-Health Literacy and Lifestyle Behaviors Among Female Emirati College Students

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INTRODUCTION

- Globally, there is an increasing need to obtain health-related information on the Internet by a wide range of users such as college students. Many users can gather information from diverse resources that might be trusted or not.
- In this rapid technology era, 99% of college students seek information from the use of Google, which might involve incorrect information (Head and Eisenberg, 2010).
- E-health literacy and health literacy are of two distinct terms:
  - E-health is distinguished by the use of technological tools.
  - Health literacy is only subjects to any other way of drawing information (Bautista, 2015).

Previous studies suggest that students of higher academic status reported higher level of e-health literacy than younger students. A major obstacle is accessing, locating and assembling systematic search information from different databases (Hanik, 2011).

A study in South Korea assessed e-health literacy among undergraduate nursing students and found that appropriate education programs needed to be put in place to improve e-health literacy (Park and Lee, 2014).

A study examining the connection between college students’ health behavior and individual factors, e-health literacy and health behavior reported an association between e-health literacy and levels of health behavior, level of engagement, health behavior, eating, exercising and sleeping patterns among students (Hsu, W., et al, 2014).

STUDY PURPOSE

The purpose of this study was to examine e-health literacy among female college students in Abu Dhabi using a revised version of the eHEALS.

METHODS

Study Design: Cross-sectional design
Sampling:
- Anonymous survey on female college campus (N=164)

Analytic Tool:
- Survey that included demographic questions.
- Statements from the Extended e-HEALS

RESULTS

- Results from this study are supported by the eHEALS but statistical significance was only shown for dimension 5, validating information.
- Frequent users showed a higher mean score for all 6 dimensions compared to the mean score for the total sample population.
- Moderate internet users scored higher than the mean score for the total sample population for three of the six dimensions. All of the dimensions had a Cronbach’s Alpha of more than 0.5.
- Study results differ from Petric et.al. (2017) where results showed that infrequent users of the Internet scored lower than the total mean score.
- The values in the Cronbach’s alpha resulted to be lower than the intended eHEALS study.

DISCUSSION

- The purpose of this study was to examine e-health literacy among female college students in Abu Dhabi using a revised version of the eHEALS.

REFERENCES