

## عنوان مقاله:

Relationship between Minor Psychiatric Disorders and Health Literacy among Students: A Latent Class Regression

## محل انتشار:

فصلنامه سواد سلامت, دوره 5, شماره 2 (سال: 1399)

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## خلاصه مقاله:

**Background and Objective:** Minor Psychiatric Disorders (MPDs) are the most common mental disorders including depression, stress, and anxiety. In this study, we aimed to investigate association between health literacy status and MPDs. **Materials and Methods:** This descriptive-analytical cross-sectional study was conducted on 250 students who were studying at Mashhad University of Medical Sciences, Iran, in 2018. The Probability Proportional to Size sampling were used to selected eligible students. Data were collected using a demographic checklist, 12-item General Health Questionnaire (GHQ-12), and Health Literacy for Iranian Adults (HELIA) Questionnaire. The data obtained were analyzed using latent class regression in Latent Gold, version 4.5. **Results:** Most of the students (51.6%) were male and 16.8% were married; the dominant education level (43.2%) was PhD. The mean scores of GHQ-12 and HELIA were  $13.38 \pm 6.13$  (out of 36) and  $59.84 \pm 12.87$  (out of 100), respectively. The result showed that 21.6% ( $n = 54$ ) of students had an inadequate level of health literacy, 43.2% ( $n = 108$ ) were in margin level and 35.2% ( $n = 88$ ) had an adequate level of health literacy. A total of 26.13% had low levels of MPDs and 56.76% had moderated MPDs. Seventeen percent scored in the high range. Health literacy was significantly and negatively associated with MPD. **Conclusion:** Health literacy status among students was at a low and moderate level, which is not satisfactory. The findings of this study confirmed the influential role of health literacy on MPDs. Therefore, it is suggested that lack the health literacy skills needed to interventional function in the student's population. Health professionals need to provide educational interventions on PMDs based health literacy issues to ensure that students can understand their health and make informed decisions. The main step in controlling and reducing PMD is to implement trainings program and health literacy strategies to improve the health literacy abilities of the student population.

## کلمات کلیدی:

لینک ثابت مقاله در پایگاه سیویلیکا:

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