

عنوان مقاله:

Determination of Mental Health Literacy, Help-Seeking Behaviours and Psychological Distress Levels of Health Science Students

محل انتشار:

فصلنامه سواد سلامت, دوره 7, شماره 4 (سال: 1402)

تعداد صفحات اصل مقاله: 12

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خلاصه مقاله:

Background and Objective: Mental health literacy and psychological distress levels in students of health sciences are essential because these students are candidates of future health professionals who are supposed to be equipped with robust psychological endurance. This study aims to determine mental health literacy levels among health sciences students and its relationship with psychological distress status, mental well-being condition, and their seeking psychological professional help. Materials and Methods: Using a cross-sectional design, four interviewer-administered scales were applied to students of Health Sciences Faculty in Istanbul, Türkiye, with ۲.۷۹۱ students during the spring term of the ۲۰۲۱-۲۲ academic year. Although all students of the faculty were invited to participate in the study, only ۵۰۵ responded. Data were analysed using correlation and linear regression methods. Results: On a ۲۲-point scale, the mean MHL Scale score was ۱۴.۵۳ ± ۳.۳۱ , with higher scores in females than in males (۱۴.۹۶ versus ۱۲.۸۲). MHL scores were positively affected by having friends with mental health problems and in attendees of higher grades and health-specific departments. MHL levels and psychological help-seeking attitudes of the participants were correlated with higher educational activities and health-related courses. A significant proportion of participants (۳۶%) obtained information on mental health from social media/internet sources. Increased psychological distress negatively affected the student's academic achievement. Conclusion: The mental health literacy was positively and significantly affected by greater attitudes toward seeking psychological professional help, mental well-being, female gender, and availability of information for mental health.

کلمات کلیدی:

Help-seeking behaviour, Mental Health Literacy, Mental Well-being, psychological distress

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