## عنوان مقاله:

Development and Validation of a Premarital Education Program based on Mental Health Literacy

## محل انتشار:

تعداد صفحات اصل مقاله: 6

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## خلاصه مقاله:

Background: A successful marriage is essential to the formation of a healthy family. Choosing a spouse is the first and most crucial step in establishing a successful marriage. This study aimed to develop and validate a mental health literacy-based premarital education program.Methods: To conduct a qualitative inquiry, the current study used the Delphi technique. The statistical population of this study consists of psychologists and premarital counseling professionals. The present study's sample consists of ۴۷ individuals who were recruited using a method of purposive sampling. Using a questionnaire developed by the researchers, the components of the concept of mental health literacy were examined. Using Kendall's coordination coefficient, the level of consensus among Delphi method participants was determined. Then, Lawshe's content validity ratio was utilized to assess the content validity of the program based on this component.Results: Seven components of physical and physiological health, mental and cognitive health, emotional and mental health, social and communication health, economic and financial health, spiritual and religious health, and mental health literacy were identified based on the results of two questionnaire stages using the Delphi method. In addition, the results reveal that the value of Kendall's coefficient for all components is ۰.۲۹ and the significance level for Kendall's coordination coefficient is ۰.۰۵, indicating that there is a significant level of agreement among the Delphi method participants. The index of content ratio (CVR) for the educational program was greater than the value calculated using the Lawshe method (۰.۸۵). Therefore, the content validity of the mental health literacy educational program is satisfactory.Conclusions: Considering the validity of the educational program, it is recommended that it be implemented in family education centers.Keywords: Premarital education, Educational program, Mental health literacy.Background: A successful marriage is essential to the formation of a healthy family. Choosing a spouse is the first and most crucial step in establishing a successful marriage. This study aimed to develop and validate a mental health literacy-based premarital education program. Methods: To conduct a qualitative inquiry, the current study used the Delphi technique. The statistical population of this study consists of psychologists and premarital counseling professionals. The present study's sample consists of ۴۷ individuals who were recruited using a method of purposive sampling. Using a questionnaire deve ...

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