

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

Khulood A. Shugaa<sup>1</sup>, Ludmilla F. Wikkeling-Scott<sup>1</sup>, R.V. Rikard<sup>2</sup>

<sup>1</sup> Department of Health Sciences, College of Natural and Health Sciences <sup>2</sup> Michigan State University

## 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 health literacy. Health literacy is important and influences health promotion, health care utilization, and health outcomes (Sørensen et al., 2012)
- ❑ Little research exists to understand the health literacy needs of people in the Middle East (Wikkeling-Scott & Rikard, 2017).
- ❑ The burden of mental illnesses is increasing and affects the social, human rights and economic value of countries around the world (WHO fact sheet, 2017)
- ❑ Higher prevalence of mental illness among females between the age of 18 and 25 (Any Mental Illness (AMI) Among U.S. Adults, (National Institute of Mental Health, 2015).

## PURPOSE OF THE STUDY

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

## Research Question & Hypotheses

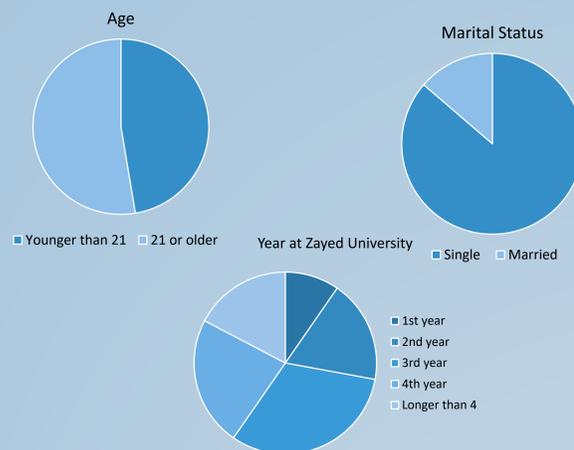
**Research Question** - Is there a relationship between mental health literacy and perceived mental health status among female college students in Abu Dhabi?

**Hypothesis 1:** There is an association between mental health literacy and perceived mental health status among female college students

**Hypothesis 2:** There are differences in mental health literacy score based on self-reported mental health status among female 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

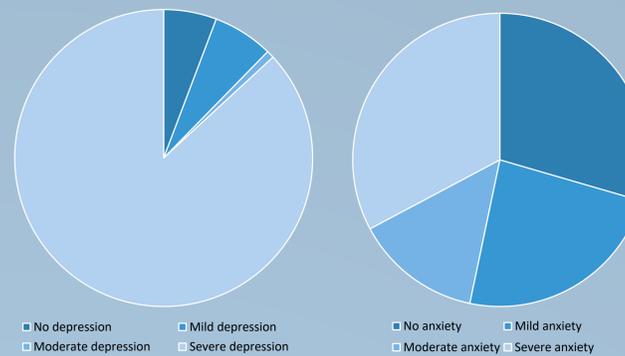


## DIMENSIONS OF MENTAL HEALTH LITERACY



## RESULTS

### Frequency Distributions



Dimensions	Min	Max	Mean	SD
D1 - Ability to recognize disorder	0	24	13.50	5.21
D2 - Knowledge of risk factors and causes	0	6	2.75	1.42
D3 - Knowledge of self-treatment	0	6	3.37	1.58
D4 - Knowledge of professional help available	0	6	3.36	1.51
D5 - Knowledge of where to seek information	0	16	9.51	3.96
D6 - Attitude that promotes recognition and appropriate help-seeking behavior	0	55	28.61	10.09

### Analysis of Variance

Dimensions	No Depression		Mild Depression		Moderate Depression		Severe Depression		Total	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
D1 Ability to recognize disorder	13.43	4.72	16.20	2.77	17.00	0	13.31	5.36	13.50	5.21
D2 Knowledge of risk factors and causes	1.42	1.51	3.00	1.00	2.00	0.00	2.83	1.41	2.75	1.42
D3 Knowledge of self-treatment	3.57	1.90	3.75	1.28	5.00	0.00	3.31	1.58	3.37	1.58
D4* Knowledge of professional help available	3.71	0.75	4.50	0.76	4.00	0.00	3.23	1.56	3.36	1.51
D5 Knowledge of where to seek information	8.43	5.15	10.38	4.47	10.00	0.00	9.51	3.88	9.51	3.96
D6* Attitude that promotes recognition and appropriate help-seeking behavior	30.25	7.88	25.86	4.08	38.00	0.00	28.69	10.63	28.61	10.09

\*p ≤ 0.050

Dimensions	No Anxiety		Mild Anxiety		Moderate Anxiety		Severe Anxiety		Total	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
D1* Ability to recognize disorder	12.06	4.99	13.78	4.16	16.31	3.13	13.28	6.31	13.49	5.21
D2 Knowledge of risk factors and causes	2.60	1.40	2.82	1.17	2.93	1.22	2.78	1.71	2.76	1.42
D3 Knowledge of self-treatment	3.19	1.62	3.29	1.46	4.00	1.06	3.32	1.79	3.37	1.58
D4* Knowledge of professional help available	3.69	1.12	3.27	1.73	3.76	1.14	2.92	1.71	3.36	1.51
D5 Knowledge of where to seek information	9.22	4.42	9.54	3.39	11.50	2.85	8.92	4.17	9.51	3.96
D6* Attitude that promotes recognition and appropriate help-seeking behavior	26.79	10.77	30.2	8.39	29.10	5.51	33.75	12.81	30.16	10.76

\*p ≤ 0.050

## DISCUSSION

- ❑ 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." ( $p \leq 0.05$ )
- ❑ Significant difference 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. ( $p \leq 0.05$ )

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