

MENTAL HEALTH LITERACY AMONG COLLEGE STUDENTS

ABSTRACT

A cross-sectional study on mental health literacy for depression, social phobia and schizophrenia was conducted among college students. The study aimed at association of the ability to recognize mental disorders, help seeking intention and treatment beliefs. A total of 262 students with self-administered questionnaire adapted from “Vignette Based Mental Health Literacy Questionnaire” which was translated by Yogambikai in 2012. This study was done from October 2013 until December 2013 using systematic sampling. Overall, the study showed the ability to recognize mental disorders were good. However, the ability to recognize depression was not satisfied with only 35.5% respondent able to recognize depression. Comparative analysis of the gender difference in recognition of social phobia showed significance difference whereby females tend to recognize social phobia better compared to males. Besides that, the percentage of help seeking intention for depression was the highest (89.3%) compared to social phobia and schizophrenia though the percentage of recognition of depression was the lowest. Average results showed the understanding of treatment beliefs for the three mental disorders were good. Next, comparative analysis showed significance difference between ethnics group in the understanding of people who can help in depression. Indians tend to understand better on people who can help in depression compared to other ethnics group. A similar research is suggested to be carried out among the general community or adult population to provide a more complete information on local mental health literacy.