

MENTAL HEALTH LITERACY IN THE CORRELATION WITH HELP-SEEKING BEHAVIOR AMONG UNIVERSITAS AIRLANGGA'S MEDICAL STUDENTS YEAR 2015-2017

ABSTRACT

Background: Medical students are hesitant to seek appropriate help for their mental health problems. Some of the students are already in a crisis when they finally decide to find help. Mental health literacy is a suitable for early identification of mental disorders, decreasing stigma towards people with mental disorders or seeking help, and improving help-seeking behavior.

Purpose: To determine the influence of mental health literacy to help-seeking behavior and to describe mental health literacy and help-seeking behavior of the medical students.

Methods: This study is an observational analytical study. The participants were asked to fill in demographic characteristics questionnaire before they answer MHLS and ATSPPH-SF via online file sharing platform. Logistic regression was used to measure the influence of mental health literacy to help-seeking behavior.

Results: Sixty respondents were included. There were no difference of the literacy and attitudes across the admission years. Generally, the students showed good literacy and attitude. Only some attributes of the MHLS has lower scores such as self-treatments, confidentiality, social distance, and reliance on self. There was no influence of being literate in the total score of MHLS to having good attitude in ATSPPH-SF (p-value=0.303). Only by being literate in attribute 6 of the MHLS the students showed good attitude in ATSPPH-SF (p-value=0.027).

Conclusion: There was no influence of mental health literacy to help-seeking behavior.

Keywords: Mental Health Literacy, Help Seeking Behavior, Attitudes Toward Seeking Professional Help, Medical Students