

P-1012 - MENTAL HEALTH LITERACY: KEYWORD FOR HEALTH PROMOTION AND PREVENTION OF MENTAL DISORDERS. A STUDY IN A PORTUGUESE SAMPLE OF YOUNG AND ADOLESCENTS

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Introduction: Mental health literacy is an emergent research area in the fields of health promotion and mental illness prevention in communitarian environment, considered one relevant variable in the professional help-seeking behavior.

Objectives: Evaluate the mental health literacy of Portuguese adolescents and youth concerning depression and schizophrenia; - Identify the contribute of the social demographic variables in mental health literacy.

Aim: Characterize the mental health literacy of adolescents and youth with the aim of create health promotion and mental illness prevention programs.

Methodology: Descriptive-correlational study. Sample of 671 students, randomly selected of Portuguese schools. 294 of male gender and 323 of female gender, with an average age of 15,20 (sd=1,84 years). The data were collected with the Mental Health Literacy Evaluate Questionnaire (Loureiro, Pedreiro and Correia, 2011). The data were analyzed using the IBM-SPSS 20.

Results: Only 47,81% correctly identifies depression and 22,04% schizophrenia. Besides gender (p=0,002), the familiarity with the mental illness and the socio demographic variables weren't related to the recognition of the disorders.

Conclusions: The low levels of mental health literacy are a problem and a challenge, since they are associated with prejudiced and stigmatizing visions of the diseases and the ill with implications in the professional help-seeking behavior. The planning of programs should be alert since the adolescents and youth are the group with less interaction with the health system.