



# ASSESSING MENTAL HEALTH LITERACY AMONG STUDENTS OF KNUST SENIOR HIGH SCHOOL

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## Background:

Adolescents tend to have limited mental health literacy, significantly affecting their ability to identify any signs of distress they may experience, their attitudes toward mental disorders, and their help-seeking behaviors.



## Objectives:

This study aimed to assess the mental health knowledge of senior high school (SHS) students, determine their attitudes and perceptions toward mental disorders, and identify the factors that influence their help-seeking behaviors.

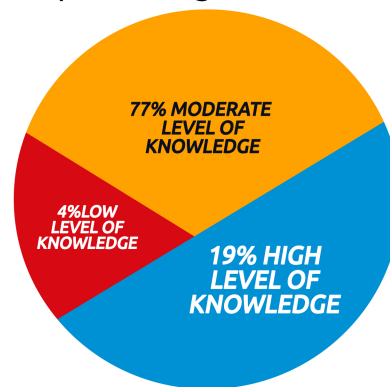
## Methods:

A cross-sectional design was used. 270 students from the KNUST SHS were recruited for the study. Data were collected using a structured questionnaire, adopted from the Mental Health Literacy Scale (MHLS), developed by O'Connor & Casey (2015). Data were analyzed using SPSS version 27.

## Key Findings:

About 98% of the students aged between 14 and 20 years, with a mean age of 17. 58% were females.

It was evidenced that the level of mental health knowledge did not significantly influence their willingness to seek help, indicating that knowledge alone may not be a sufficient motivator for promoting help-seeking behaviours.



## LEVELS OF KNOWLEDGE



Only 7% indicating willingness to seek help.



Only 28% showed positive attitudes toward people with mental disorders.

## Conclusion:

The study suggests a growing awareness of mental health-related issues, but hesitance and resistance in help-seeking. Aside from enhancing knowledge, interventions targeted at improving mental health literacy should include strategies that foster positive attitudes and actively support help-seeking behaviours.

**Keywords:** Mental health, Literacy, adolescents