DEPRESSION, ANXIETY AND MENTAL HEALTHY LITERACY AMONG YOUNG ADULTS

QUANTITATIVE STUDY

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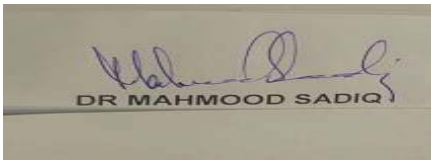
Principal Supervisor's Signature: 

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DEDICATION

I dedicate my dissertation work to my family. I dedicate special feeling of gratitude to my loving father and siblings, their words of encouragement and push for tenacity ring in my ears. I also dedicate this dissertation to my Mother (late), who is always praying for me.

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Abstract

The ratio of mental illness is increasing rapidly in the world day by day. There are many reasons for this, the biggest of which is the lack of information about it and misconception related to them. There is a lot of misinformation about mental illnesses like depression, anxiety and so on. In this study, we have tried to find out people's misinformation about depression, anxiety and mental health. The present study is on Depression Literacy, Anxiety Literacy and Mental Health Literacy which is comprised of young adults, is a quantitative study. The instruments administered on selected sample. Depression Literacy Scale (Kathy Griffiths, 2012) was used to assess Depression Literacy, Anxiety Literacy scales (A-Lit) by the author Kathy Griffiths was used to assess Anxiety Literacy and Mental Health Literacy Scale (O'Connor and Casey, 2015) was used to assess Mental Health Literacy among young adults in the study. Results were derived using SPSS-26. Results revealed that Depression Literacy and Anxiety Literacy are significantly related which shows that more the young adults have Depression Literacy, the will have higher Anxiety Literacy. Studies also proved the fact that gender has no influence on Depression, Anxiety and Mental Health Literacy. The findings highlighted the prevalence of Depression, Anxiety and Mental Health Literacy among young adults.

Keywords: Depression Literacy (D-Lit)Anxiety Literaacy (A-Lit),Mental Health Literacy (MHL)

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List of Abbreviations

D-Lit	Depression Literacy
A-Lit	Anxiety Literacy
MHL	Mental Health Literacy