

Mental health literacy in Austria - results of a representative population survey

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Aim: First comprehensive data collection on mental health literacy




Based on a NEW MHL-definition: "Mental health literacy (MHL) refers to the extent to which people are able to access, understand, appraise, and use information and services

- to maintain and promote mental well-being and resilience,
- cope with psychosocial challenges and stress, and
- deal with mental health problems and illnesses.

It results from the interaction of individual competencies with the information and service environment and associated motivation, and is shaped by the social, organizational, and cultural contexts in which people grow up, learn, work, and live." (Griebler et al. 2024)

NEW measure: Developed as part of the M-POHL Health Literacy Survey 2024-2026. The instrument comprises tasks distributed over four domains (see Figure). Respondents were asked to rate the tasks according to their perceived ease and difficulty.

Health Promotion Panel - a representative survey

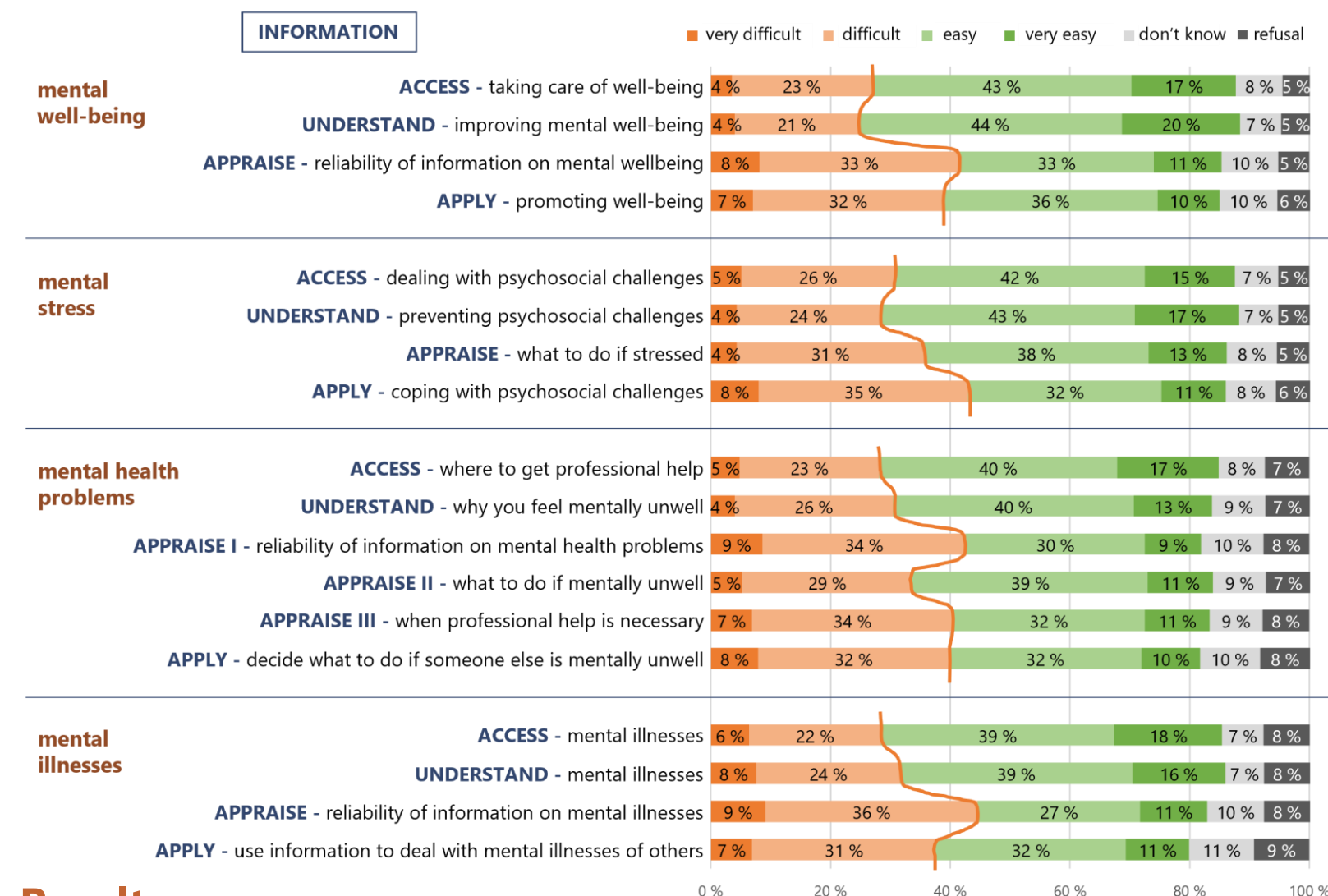
 1.126 respondents aged 16+ years	 Online survey + postal survey	 December 2023
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Conclusion:

- A large proportion of the Austrian population has difficulties in dealing with mental health information and services.
- These difficulties also affect prevention and health promotion, which are crucial for coping with mental stress and improving mental well-being.
- Targeted interventions are urgently needed to strengthen MHL in Austria, targeting the most vulnerable population groups.



Agenda Health Promotion



Results:

- Accessing/understanding easier than appraising and applying
- Difficulties:
 - 25-30% in accessing/understanding
 - 30-45% in appraising
 - 40-45% in applying



Griebler et al. 2024
Factsheet_DE

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