

**DEPRESSION LITERACY AND PERCEIVED  
HELP SEEKING BEHAVIOUR AMONG  
STUDENTS OF UNIVERSITY OF NURSING,  
YANGON**

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## **ABSTRACT**

The most frequently endorsed reason for delay in help seeking was related to the lack of knowledge about depression and available treatments. Many previous studies were conducted on depression literacy and perceived help seeking behaviour among various type of population in other countries. In Myanmar, there is a gap still present in studying of that area, especially among nursing student population. The aim of the study was to assess depression literacy and perceived help seeking behavior among students of University of Nursing, Yangon.

A cross sectional descriptive study was conducted at University of Nursing, Yangon from September to December, 2017. Total 222 nursing students were participated. Data collection was done by using semi-structured, self-administered questionnaires. Depression literacy questionnaires (D-Lit) were used to assess depression literacy and general help seeking questionnaires (GHSQ) were used to assess perceived help seeking behaviour among students in case of personal or emotional problem and suicidal thoughts. Most of the respondents (73%) were between 16 and 19 years of completed age. Almost all respondents were female. The mean score for depression literacy was 10.41(SD = 2.929) out of total maximum score (22). The percentage of students who scored above the mean was (47.7%). Academic year of the respondents were highly associated with depression literacy score ( $p < 0.001$ ). Higher depression literacy was found in higher academic students especially third and fourth year students compared to first year. Perceived help seeking behaviour in case of personal or emotional problem was significantly associated with depression literacy score among nursing students ( $p < 0.05$ ).

To sum up, depression literacy among nursing students was not adequate. Positive help seeking behaviour was found in (38.7%) of the students for personal or emotional problem and (26.1%) for suicidal thoughts. In addition to depression literacy, many other factors from different areas should be considered to adopt and enhance positive help seeking behaviour among nursing students in case of suicidal thoughts.