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**ASSESSMENT OF MENTAL HEALTH LITERACY (MHL) IN TERMS OF KNOWLEDGE TO RECOGNIZE PROBLEMS, HELPFUL INTERVENTION AND REHABILITATION IN ADOLESCENTS IN A SELECTED DISTRICT OF WEST BENGAL**

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**ABSTRACT**

Background:Current evidence shows the most of the mental health problem begin in adolescent diagnosed in later life. The trajectories of these disorders can be alter through early recognition and intervention and MHL has major implications on it. So a study to assess MHL in terms of knowledge to recognize problem, helpful intervention and rehabilitation among adolescents in Paschim Medinipur District of West Bengal was undertaken.

Methods:A descriptive survey was conducted among.190 adolescents selected by purposive sampling. A predesigned and validated structured knowledge questionnaire was used as tool.

Results:The response rate for the recognition of case vignettes as mental health problem was 59.4% for OCD, 27.89% for Depression, 25.78% for schizophrenia, 23.15% for social phobia. ‘Referring to health care service’ was responded to as helpful by 53.68% for Schizophrenia, 41.05% for OCD, 40.52% for alcohol abuser, 31.05% for depression, 30% for a person with suicidal ideation, 27.89% for social phobia.37.36% adolescents believe that mentally ill people able to get back his/her usual life through treatment. There was statistically significant difference in mean knowledge score within family type, Father’s education. A statistically significant association was found between type of family and knowledge in recognition of mental health problems and between Father’s education and knowledge in recognition of mental health problems.

Conclusion: There is need for immediate improvement of knowledge on mental health which suggests that programs need to be developed so that adolescents can recognize the mental health problems and take helpful intervention if needed.

Keywords: Mental health, Mental health literacy, Adolescents, Rehabilitation.