



A·H·L·A
Asian Health Literacy Association



THE 10TH
AHLA INTERNATIONAL
HEALTH LITERACY CONFERENCE
Health Literacy in The Revolution of The Digital Age

May 12th - 15th, 2024
Ho Chi Minh City Vietnam

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DOI : 10.30226/AHLA.202407.0001

The effects of health literacy program to improve anemia in pregnancy

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INTRODUCTION: Anemia in pregnancy's affects the mother and the fetus. Most common of anemia in pregnancy is iron deficiency . Iron supplements and food rich iron can prevent this condition. Health literacy programs are important for knowledge and behavior of pregnant women.

OBJECTIVES: This quasi-experimental research aimed to investigate the effects of health literacy development program in pregnancy at prenatal care clinic gestational age between 12-20 weeks.

METHODS: They were divided 30 people for control group who have standard program. The treatment group 30 people received additional the 8 weeks health literacy development program and no different baseline characteristic between groups. The program consisted of: 1) Creating relationships between a pregnant woman and her caregiver, a medication agreement, and a reminder calendar. 2) Practice pregnant women provide information about anemia from a reliable source 3) E-book, Iron supplement menu 4) Online visit 5) Evaluation. Data were collected using a self-administered questionnaire and measure hematocrit at 20 weeks gestational and the statistics used for data analysis were paired t-test, independent t-test significance was considered at 0.05.

RESULTS: In the control group hematocrit before and after, decreased with statistical significance, p-value < 0.001 Hematocrit levels in the treatment group were unchanged and tendency higher than the control group. Treatment group had a significantly higher mean score of six from seven dimensions of health literacy than before, with a statistical significance p-value < 0.05 except for access to knowledge and health services and a higher mean score than the control group.

CONCLUSION: The program has tendency to improve health literacy and effect able to maintain the level of hematocrit.

KEYWORDS: Pregnant women, Iron deficiency anemia, Health literacy

DOI : 10.30226/AHLA.202407.0002

Health literacy and autism spectrum disorder: systematization of experience

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INTRODUCTION: Autism spectrum disorder, also known by the abbreviation ASD, is a condition characterized by persistent deficits in two main areas: 1) social communication and social interaction; and 2) restricted and repetitive patterns of behavior, interests and activities. It is estimated that worldwide about 1 in 100 children has autism. The diagnosis of this disorder can be made from 18 months of age. However, due to cultural factors and limitations on health sector, this diagnosis may never occur or occur late in adulthood. Access to accurate information can help family members and caregivers make decisions and influence the clinical evolution of these patients.

OBJECTIVES: The objective was to map and systematize questions about autism, formulated by patients, family members and caregivers, and answered by a health information reference center.

METHODS: The systematization of experience was used in the research design. This approach presupposes the existence of concrete practices that can be related, for example, to popular education, popular organization and social promotion and that, due to their dimension and immersion in the historical context, can bring both objectivities and subjectivities, but always being useful for extracting lessons about practices and theory formulations. It also presupposes a critical interpretation, bringing logic to the process experienced and the factors that intervened in it. In this way, recurrent questions

regarding autism answered by a health information reference center, located in Brazil, were mapped and analyzed.

RESULTS: Of the 810 health questions answered by the health information reference center, 26 questions about autism were found and grouped into 6 classes. It was also observed that of the 731,293 accesses to the center's platform, 23,512 accesses were in responses about autism. Thus, the following distribution was mapped: Answers about treatment and cure for autism (15,018 hits); Answers about autism diagnosis (6,118 hits); Answers about the characteristics of autism spectrum disorder (1,528 hits); Answers about self-care for people with autism (459 hits); Answers about origin of autism spectrum disorder (289 hits); and Answers about communicational functionalities (100 hits).

CONCLUSION: This study used the systematization of experiences approach to map informational demands of patients, family members and caregivers of people with autism spectrum disorder, seeking to identify their doubts and recurring questions. It was observed that the community's main concerns are focused on treatment and cure for autism. However, it is known that autism is a human condition, without cure. Therefore, it may be important to inform patients, family members and caregivers that they will have to live with autism throughout their lives.

KEYWORDS: Health literacy, Autism spectrum disorder, Patients, Family members, Caregivers.

DOI : 10.30226/AHLA.202407.0003

The development of a food eating literacy model with community participation for people with type 2 diabetes in Wangsomboon district, Sakaeo province

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INTRODUCTION: Diabetes is a chronic non-communicable disease and is one of the top public health problems in all countries around the world. A healthy eating habit intervention has been reported to improve the blood glucose level in people with type 2 diabetes mellitus (T2DM).

OBJECTIVES: The purposes of this participatory action research were to develop and examine the impact of the food eating literacy model (FELM) on food eating literacy (FEL), eating behavior (EB), participatory behavior (PB), and HbA1c levels in people with uncontrolled T2DM in Wangsomboon district, Sakaeo province.

METHODS: The research process consisted of five steps, including: 1) problem identification 2) development of an FEL model 3) planning and implementation 4) evaluation and assessment, and 5) knowledge management. These activities lasted over 12 months. The participants consisted of 52 health officers and NCDs board members who were purposive sampling for steps 1, 2, 3, and 5, and 90 uncontrolled T2DM patients were randomly selected for step 4. Data were analyzed by descriptive statistics and paired t test was used for the inferential statistics.. The qualitative data were analyzed by content analysis.

RESULTS: The result showed that an appropriate model of FEL included six components: 1) self-management support; 2) delivery system redesign; 3) supporting health care system; 4) health literacy program and information system; 5) health-care management term; and 6) community policies and resources. Moreover, the mean scores of the food eating literacy (FEL), eating behavior (EB), participatory behavior

(PB) were significantly higher than before participating in the project at 6 months. Furthermore, the HbA1c levels were significantly reduced when compared to before participating condition at 6 months.

CONCLUSION: The findings suggest that the model was effective for improving food eating literacy and eating behavior for people with uncontrolled Type 2 diabetes mellitus and it could be used in other areas to improve eating behavior and control the HbA1c levels for people with T2DM.

KEYWORDS: Community participation, Type 2 Diabetes mellitus, Eating behavior, Food eating literacy model

DOI : 10.30226/AHLA.202407.0004

Health literacy on preventive behaviors and health effects of particulate matter smaller than 2.5 microns (PM2.5) in Thai people in health region 7 khon kaen.

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INTRODUCTION: Thai communities face significant environmental health challenges, resulting in respiratory and gastrointestinal diseases. The majority of respiratory disease-related deaths are linked to air pollution, with an increasing trend observed. This study focuses on exploring health literacy regarding preventive behaviors and the health effects of PM2.5.

OBJECTIVES: To study the preventive behaviors and health effects of particulate matter smaller than 2.5 microns (PM2.5) in Thai people in Health Region 7.

METHODS: A cross-sectional analytic study was conducted with 824 participants conveniently sampled from the 4health website of the Health Impact Assessment Division, Department of Health, Ministry of Public Health, Thailand, between January 1, 2023 and January 31, 2024. Descriptive statistics and chi-square tests were used for data analysis.

RESULTS: Most participants were female (76%), aged 45-59 years (42%). 20% had chronic diseases, and 4% smoked cigarettes. 54.7% had good PM2.5 preventive behaviors, 41.5% had moderate behaviors, and 3.8% had poor behaviors. The prevalence of abnormal symptoms from PM2.5 exposure was 25%: 1.9% severe, 0.6% moderate, and 22.1% mild. Females had higher moderate-to-severe symptoms than males ($p < .05$). The age groups 0-5 years and 60 years and over had more severe symptoms than other groups ($p < .001$). The group with chronic diseases had more severe symptoms than the normal group ($p < .001$). Preventive behaviors were significantly associated with symptom severity ($p < .05$).

CONCLUSION: Promoting PM2.5 preventive behaviors in children, the elderly, and people with chronic diseases is necessary to reduce health impacts.

KEYWORDS: PM2.5, preventive behaviors, health effects, Health Region 7

DOI : 10.30226/AHLA.202407.0005

Result of health literacy enhancement among infertile

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INTRODUCTION: Significant factors affecting infertility include daily routine and unhealthy lifestyles, e.g. alcohol consumption, cigarette smoking, sedentary activities, inadequate sleep, chronic stress, and improper body weight. There have been studied that health-promoting behavior change coupled with medical search and treatment could increase chance of pregnancy among individuals with infertility.

OBJECTIVES: To determine the effects of the health literacy development for individuals with infertility receiving health services at the Health Promotion Hospital, Health Promotion Center Region 7 Khon Kaen through health literacy program and the researcher-created activity manual.

METHODS: Quasi-experimental pre-test and post-test design was employed to determine the effects of the health literacy development for individuals with infertility through a health literacy program and handbook manual for infertility, which was corresponded with six aspects of the lifestyle medicine principle, including eating, sleeping, exercising, stress, drug-use, cigarette smoking, alcohol consumption, relationship with surrounding people, and activities. The program was designed into eight weeks. The samples were 20 couple, 40 people asked to do self-administered questionnaires of health literacy regarding lifestyle medicine at the pre- and post-intervention phase of two months. The data were then analyzed for paired t-test, independent t-test at the significance level of 0.05.

RESULTS: Behavior change using the manual of health literacy promotion and project activity showed to improve overall health behavior with the statistical significance at level of 0.02 with the mean of 7.02 and standard deviation of 4.69, when analyzing the

aspect of eating. Moreover, the samples were sent to improve lifestyle with specialists as follows: seven samples with a nutritionist; one sample with a psychologist, and two samples with a sport scientist and nutritionist. While, the rest of the samples were counseled for behavior adaptation based on the lifestyle medicine principle. After intervention, two samples were found successful for pregnancy.

CONCLUSION: Health literacy development program through the researcher-created manual for infertility could improve behaviors and enhance health literacy.

KEYWORDS: Health literacy; infertile; lifestyle medicine

DOI : 10.30226/AHLA.202407.0006

Effects of promoting mental health literacy by strength based telephone counseling

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INTRODUCTION: The Global Peace Index reports that peace around the world has decreased for the 9th consecutive year. Data from the Thai Health Report 2021 found that 14.5 percent of Thai people are at high stress levels, 16.8 percent at risk of depression, and 9.5 percent at risk of suicide. Only among children and youth As for those who are economically affected by unemployment Loss of income, high stress risk Risk of depression and the risk of suicide is 2 - 3 times higher than the general population. The Department of Mental Health has implement strength based counseling services using telephone counseling and face-to-face counseling methods which is a form of counseling with a direction (directive counseling) aimed at finding potential and strength. That are present used to manage mental health problems and create Mental Health Literacy.

OBJECTIVES: To compare the mental health status scores of those who received strength based telephone counseling and strength based face-to-face counseling

METHODS: We used data from strength based counseling records. During the period of May to September 2023. This is a normal service system for Thai people who had risk of mental health problems and agree to receive counseling services. They received two consultations in 2-4 weeks. The first group received counseling via telephone. The second group received face-to-face counseling. General data were analyzed using descriptive statistics. Compare the mental health status scores of the two groups using ANCOVA (Analysis of Covariance) statistics and LSD (Least Significant Different).

RESULTS: The sample group who received telephone strength based counseling. And the sample group who received face-to-face strength based counseling had average scores for stress, and risk of depression. and the risk of suicide was lower than before counseling statistically significant.

CONCLUSION: Telephone strength based counseling and face-to-face strength based counseling have an effect on mental health scores and can establish mental health literacy, with no difference.

KEYWORDS: Mental Health Literacy, Strength based counseling, Telephone counseling

DOI : 10.30226/AHLA.202407.0007

Safety media for mental health support

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Evaluation in communication, both media creation and media reception, have led to the Consideration for creating safe and creative content for communicating in all the source of communication. Mental health concern in media workers as well as media recipients who received any media via algorithms platform which analyzed by statistics and provided information through the platform to the audience anywhere anytime. This is can cause excessive data reception which some of the information is poignant and impactful to mental and feeling. At the same time, if the recipient of the media feels that there is an abnormality such as regret or excessive stress from receiving overflow of information, they can manage and ask for help by mental health hotline 1323 or other channels.

KEYWORDS: Communication, Media literacy, Mental health hotline, Media worker

DOI : 10.30226/AHLA.202407.0008

Development of health education and health counseling model to mothers using line official account application for prenatal screening for severe Thalassemia, Thailand.

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INTRODUCTION: Thalassemia is the disease is a group of inheritted autosomal recessive blood disorder . Thai national policy for prevention and control thalassemia emphasized on 3 severe thalassemia disease such as homozygous β -thalassemia, β -thal/Hb E and Hemoglobin Bart's hydrop fetalis. The effectiveness of prevention and control program in communities can reduce the new serious patients. Development of Health Education and Health Counseling Model to Mothers Using LINE Official Account Application for Prenatal screening for severe Thalassemia and Health Education and Health Counseling can help reduce anxiety.

OBJECTIVES: 1) Education and counseling Prenatal screening for severe Thalassemia model for Mothers.

2) Counseling can reduce anxiety.

METHODS: The present quasi-experimental study was designed to Health education and counseling model using LINE official account application for mothers in 100 pregnant women attending a prenatal care clinic. The targeted demographic included pregnant women at 20 weeks of gestation The intervention comprised four key components: 1) fostering connections with expectant mothers, 2) Anxiety level of Mothers 3) showed that education and counseling model was consisted of 5 videos and infographics to Mothers Using LINE Official Account Application 4) Anxiety level of Mothers after Using LINE Official Account Application . The efficacy of the intervention was analyzed using the paired t-test, establishing statistical significance at $p < 0.05$.

RESULTS: The results showed that education and counseling model was consisted of 5 videos and infographics that provided information for mothers can help reduce anxiety significantly improved after using the model ($p < 0.01$).

CONCLUSION: Development of Health Education and Health Counseling Model to Mothers Using LINE Official Account Application for Prenatal screening for severe Thalassemia can help reduce anxiety significantly improved after using the model ($p < 0.001$). The intervention not only facilitated an improvement in health literacy among the target population but also effectively maintained can reduce anxiety levels.

KEYWORDS: Mothers, Thalassemia, anxiety

DOI : 10.30226/AHLA.202407.0009

Do health and e-health literacy protect against vaccine hesitancy – a cross-sectional among parents of children suffering from chronic diseases

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INTRODUCTION: The COVID-19 pandemic showed the importance of society's attitudes toward vaccination for the effectiveness of preventive measures. Health (HL) and e-health literacy (eHL) are perceived as potential protective factors against unfavorable phenomena stemming from health denialism and infodemic. The care for a child suffering from a chronic disease is a source of many challenges. Vaccine hesitancy may be a meaningful factor influencing parents' decisions about preventive services delivered to their ill children.

OBJECTIVES: The main aim of this study was to assess the predictors of vaccine hesitancy (VH) with special regard to HL and eHL among parents of children with chronic diseases.

METHODS: The analysis was performed on data from the paper-and-pencil interview survey carried out in a convenience sample of 318 parents of children with chronic medical conditions remaining under the care of the University Department of Pediatrics. The uni- and multivariate linear regression models were developed for the VH score as the dependent variable. Independent variables included HL, eHL, vaccine conspiracy beliefs score (VCBS), and socio-demographic characteristics.

RESULTS: The study group consisted of 83.6% (n=266) females. Parents with a University Master's level of education made 36.2% (n=115) and with post-secondary non-university or University Bachelor's level 16.7% (n=53). The mean age of the study

participants was 41.3 (standard deviation, SD=6.7), the mean eHL was 28.9 (SD=4.5), the mean VH was 23.0 (SD=5.8), and the mean VCBS was 22.1 (SD=7.5). Parents with sufficient HL made up 57.2% (n=182), with problematic HL 22.0% (n=70), and with undetermined HL 16.4% (n=52) of the study group. A multivariate linear regression model was developed only for those independent variables that showed the potential of a significant effect on vaccine hesitancy (p-value for predictor's effect in the univariate model at least 0.1). The only significant predictors of VH were gender, eHL, HL, and VCBS. Males were significantly more likely to show higher levels of VH (B, 95%CI: 2.0, 0.57 - 3.43). Persons with greater eHL had significantly lower levels of VH (B, 95%CI: -0.19, -0.31 – -0.07). We have also found that parents with sufficient HL presented higher VH than those with inadequate HL (B, 95%CI: 1.42, 0.08 – 2.76). A higher level of conspiracy beliefs about vaccines was associated with higher VH.

CONCLUSION: HL and eHL are significantly associated with the level of VH in parents taking care of children with chronic medical conditions. Unexpectedly, higher HL may be associated with a higher level of VH. The presence of vaccine conspiracy beliefs seems to favor higher VH.

KEYWORDS: vaccine hesitancy; health literacy; e-health literacy; vaccine conspiracy beliefs; children with chronic diseases; parents

DOI : 10.30226/AHLA.202407.0010

Strengthening mental health literacy by using digital platform mental health check in

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INTRODUCTION: The situation of mental health problems tends to increase. In order for people to be able to take care of themselves in basic mental health, they must have mental health literacy at the level necessary to take care of themselves. Due to the outbreak of the Coronavirus disease (COVID-19), access to services is limited. The format for assessing problems and learning mental health information for use needs to be digital. The Department of Mental Health has therefore developed Mental Health Check In into a digital platform system that allows people to access anywhere with convenience through this digital platform. Be able to self-assess their mental health and develop mental health literacy through studying the recommended content in this Mental Health Check In system.

OBJECTIVES: To study access to mental health self-care information. Which is a result of setting up a digital platform Mental Health Check In system.

METHODS: This study was a descriptive cross-sectional study. Among the Thai population aged 18 years and older who self-assessed their mental health by using the digital platform Mental Health Check In during the period 4 July - 11 August 2023. Data were analyzed using descriptive statistics.

RESULTS: There were 104,458 people who used the mental health self-assessment service using the digital platform Mental Health Check In. Mental health problems were found, stress 4.33%, Risks of Resilience Quotient 2.97% and depression 5.67%. People with mental health problems have access to mental health self-care information. To enhance mental health literacy regarding stress management, resilience practices, and

depression. So that people who have mental health problems can reduce the risk of mental health conditions on their own.

CONCLUSION: The digital platform Mental Health Check In is a channel for accessing mental health self-assessments and a resource for accessing mental health literacy information that is easy and convenient. Limitations of this study, there is no follow-up data on outcomes of mental health risk conditions groups after receive mental health literacy information, which affects the behavior of risk groups in reducing mental health risks. Since the system cannot identify individuals according to PDPA principles. Therefore, it is recommended that results be followed up after access to mental health literacy of risk groups in the next study.

KEYWORDS: mental health literacy, mental health problems, digital platform, mental health check in

DOI : 10.30226/AHLA.202407.0011

Telehealth in prenatal care: health literacy and self-management during pandemic and the future

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INTRODUCTION: Department of Health Thailand recommend 8 prenatal care visits for pregnant women. In Thailand, both physicians and nurses provide this ongoing care for low-risk pregnancies, while also providing counseling, prevention, parental support, and psychosocial risk assessment. As usual antenatal care in high-resource settings has involved 12–14 face-to-face visits across pregnancy. The COVID-19 pandemic forced many care providers to rapidly embrace telehealth to reduce face-to-face visits. Health literacy skills allow pregnancies to take control of their own well-being by making smart healthcare choices, improving their communication with doctors and equipping them with information to advocate for themselves in a medical setting. .

OBJECTIVES: To develop self – prenatal care promoting program To compare telehealth and in-person care in a population of low-risk pregnant women for prenatal care received and perinatal outcome.

METHODS: Retrospective cohort study of patients from a Health promoting Hospital region 3, Nakhon Sawan. A self-prenatal care promoting program had developed and implemented to pregnant women by health care providers before using telehealth visit. Patients who experienced the modified prenatal visit schedule (in-person and telehealth visits) with were compared to those who received the conventional care model (in-person visits only). Data extracted included demographics, perinatal outcomes, and delivery outcomes.

RESULTS: Following the program, pregnant women exhibited significantly more knowledge of self – prenatal care and had better self-management skills. Women gave birth during the conventional and modified prenatal visit schedule. Overall, no

significant differences were identified in the combined care period regarding the number of babies with low birth weight, the number of stillbirths, fetal growth restriction, and maternal and fetal complications.

CONCLUSION: Adequate health literacy is very important for pregnant women and perinatal outcome. Healthcare provider should provide training sessions for pregnant women to improve their health literacy.

KEYWORDS: pregnant women ; prenatal care ; telemedicine ; health literacy.

DOI : 10.30226/AHLA.202407.0012

The study on situation of indoor air quality in early childhood development center at regional health promotion center 7 khonkaen

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INTRODUCTION: Indoor air quality is one of the factors that affect the quality of life. More than 7 million people in the world die from air pollution each year, and one quarter of children who die from respiratory infections are under 5 years old, which children have twice the respiratory rate of adults. This is a high-risk group spending 6-8 hours per day in early childhood development center. The health issues of children in early childhood development center tends to be more serious. Therefore, living indoors with good air quality is a key factor of healthy environment. Achieve to the SDGs3 health and well-being, In sub-indicators 3.9.1 the deaths from air pollution and SDGs11 sustainable cities and human settlements, In sub-indicators 11.6.2 the amount of fine particulate matter.

OBJECTIVES: This study aimed to situation of indoor air quality, and the correlation of air pollution. Lead to determinant of guideline for prevention and health care from exposure to indoor air pollution.

METHODS: Cross-sectional analytical study during December 2023 - February 2024, the sample was infant classroom, children's classroom, preschool classroom, and kindergarten 1 classroom. Training to health literacy for teachers and childrens of indoor air pollution and guidelines for self-protection from air pollution. Monitoring indoor air quality for 5 days per room, Monday - Friday, 8 hours/day. Analyzed data by descriptive statistics and inferential statistic (Pearson correlation).

RESULTS: The results showed that the average value of indoor air quality in infant classroom, children's classroom, preschool classroom, and kindergarten 1 classroom were as follows Temperature (25.52 ± 2.39 , 26.87 ± 0.86 , 26.47 ± 1.55 and 25.68 ± 1.59 Co), Relative humidity (56.39 ± 7.04 , 57.59 ± 4.21 , 52.05 ± 3.69 and 53.07 ± 3.52), CO₂ (0.05 ± 0.01 , 0.07 ± 0.02 , 0.08 ± 0.02 and 0.05 ± 0.01 ppm), PM_{2.5} (0.83 ± 0.94 , $1.590.77$, $3.5\pm 7\pm 2.67$ and 2.33 ± 0.83 ug/m³), and PM₁₀ (1.73 ± 2.32 , 2.00 ± 0.87 , 4.02 ± 3.00 and 3.25 ± 1.39 ug/m³) respectively. The Temperature had significantly associated with Relative Humidity and PM 2.5 had significantly associated with PM₁₀ of all classrooms. In addition, The Early Childhood Development Center has been a self-assessment on platform “podfoom” and has been certified at a very good level.

CONCLUSION: According to the result , Temperature of children's classroom and preschool classroom exceeded the health recommendation and guideline. This may cause thermal discomfort. But other parameters are within the recommendation, because of all classrooms have indoor air quality management by Clean Air Shelter guidelines in the second type is using an air conditioning combined with an air purification. This can reduce exposure to air pollution especially for vulnerable groups. Finally, this shows that indoor air quality management by Clean Air Shelter that are specific to the issues and characteristics of the building are essential for efficiency of the indoor air quality management of this study.

KEYWORDS: Indoor Air Quality, Early Childhood Development Center, Air pollution

DOI : 10.30226/AHLA.202407.0013

The association between mental health literacy and help-seeking intention to mental well-being among secondary school students in Semarang, Indonesia

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INTRODUCTION: Awareness of mental health literacy should be an important concern to be conveyed regarding students in secondary schools to create preventive efforts so that they can have the knowledge, attitudes, and beliefs. Consequently, these students can attain better self- management and identify the factors that cause stress, anxiety, or trauma and their impact on behavior and also daily activities. Thus, students are expected to prevent mental health problems and promote mental well-being for themselves. However, the lack of information about where adolescents should seek help for mental health problems makes them tend to handle it themselves or with support from family and friends. In addition, the intention to seek help, especially from professionals, has not been a top priority for most adolescents. Therefore, research on mental health literacy and help-seeking intentions and their influence on mental well-being in secondary school students is needed.

OBJECTIVES: This study aims to investigate the influence of mental health literacy and help-seeking intention toward mental well-being among secondary school students using measurements that have been adapted for the adolescent population in Indonesia.

METHODS: Before collecting data, ethical clearance was granted by the Ethics Committee Board of the Faculty of Psychology and the permits were given by the school. Following that, data collection was carried out at one of the private secondary schools in Semarang using convenience sampling. A total of 792 participants who participated in this study were middle school and high school students with an age range of 12-18 years. The measuring tools used are the Mental Health Literacy Questionnaire

– Short Version (MHLq-sv), General Help-Seeking Questionnaire (GHSQ), and Warwick-Edinburgh Mental Well-Being Scale (WEMWBS), which are completed online via Google Forms.

RESULTS: Based on the statistical data analysis results using multiple regression models, it shows that mental health literacy and help-seeking intentions affect mental well-being simultaneously ($F = 64.696$), $p = .000$). Although a significant result was found, mental well-being can be explained by mental health literacy and help-seeking intentions for only 14.1% in value ($R \text{ square} = .141$; $p = .000$). Meanwhile, the remaining 85.9% was influenced by other variables that need to be investigated further.

CONCLUSION: In conclusion, this study will benefit mental health professionals, especially those working with secondary school students. It is expected that anyone who is concerned about the mental well-being of adolescents or secondary school students needs to provide education not only limited to mental health literacy in the form of knowledge but also on the importance of help-seeking intentions and mental health service providers. Although, students prefer to handle on their own or with support from family and friends, rather than seeking help from professionals.

KEYWORDS: help-seeking intentions; Indonesia; mental health literacy; secondary school students.

DOI : 10.30226/AHLA.202407.0014

Mental health literacy, resilience, and mental well-being among high school students: A study in Semarang, Indonesia

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INTRODUCTION: Good health and well-being is one of the Sustainable Development Goals in which mental health and well-being are integrated. However, in Indonesia for the past few months, there have been an increasing number of mental health cases that have happened due to low mental well-being status among adolescents including high school students. In fact, this particular situation is not only affected by poor psychological factors such as resilience but also mental health literacy. Hence, research on Indonesian high school students' mental well-being along with the influence of both resilience and mental health literacy is urgently needed.

OBJECTIVES: This study aims to investigate the relationship between mental health literacy (both knowledge and overall literacy) and resilience toward mental well-being among high school students using adapted measurements for the Indonesian population.

METHODS: Ethical approval of this study was given by the Board of Psychology Faculty Ethical Committee prior to the data collection. Following that, the data collection was conducted at a private High School in Semarang using convenience sampling. A total of 792 junior and senior high school students completed several measurements namely Mental Health Literacy Questionnaire – Short Version (MHLq-sv), Mental Health Promoting Knowledge (MHPK-10), Brief Resilience Scale (BRS) and Warwick-Edinburgh Mental Well-Being Scale (WEMWBS).

RESULTS: Based on the statistical analysis results, mental health promoting knowledge was found to be the only variable that has significant correlation with age (r

= .103; $p = .004$), which means as the students get older they acquire more adequate knowledge. Furthermore it was found that both mental health promoting knowledge and overall literacy both have statistically significant correlation with resilience and mental well-being although multicollinearity was tested beforehand. In the multiple regression model, results show that mental health overall literacy and resilience affect mental well-being simultaneously ($F = 177.811$; $p = .000$). Compared to that, mental health promoting knowledge and resilience presented a stronger significant effect on mental well-being simultaneously ($F = 321.431$; $p = .000$).

CONCLUSION: To conclude, this research would be beneficial for the mental health professionals who work with adolescents, specifically high school students. In the future, the stakeholders should not only note the importance of resilience but also mental health literacy to enhance mental well-being status among high school students in general.

KEYWORDS: mental health literacy, resilience, mental well-being, high school students, Indonesia

DOI : 10.30226/AHLA.202407.0015

The relation between psychological distress and mental help seeking intention of adolescents: the mediating role of mental health literacy

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INTRODUCTION: In recent years, adolescent mental health has become a matter of urgency problems in the field of global public health, which has become widespread public and professional concerns. There are many cases of adolescents experiencing mental problems including anxiety, depression, psychological stress, and suicide. Most adolescents with mental health problems don't seek help mental health. Many adolescents believe that seeking psychological help is a sign of weakness and failure. As a result of this self-stigmatization, they are increasingly afraid to reveal their problems and concerns to professional psychologists and little more willing to seek mental health services. One of the predisposing factors that influences help seeking mental health is a lack of knowledge about mental health. Our hypothesis 1. There is a correlation among the research variables, hypothesis 2. MHL would mediate the relationship between PD and MHSI.

OBJECTIVE: The aim of this study was to first test whether Mental Health Literacy (MHL) would mediate the relationship between Psychological Distress (PD) and Mental help seeking intention (MHSI).

METHOD: Prior to data collection, ethical approval was given by the Board of Psychology Faculty Ethical Com. The study was conducted on 792 people, ages 12 to 18 years. The instruments used include the Mental Health Literacy Questionnaire – Short Version (MHLq-sv), General Help-Seeking Questionnaire, and Kessler Psychological Distress Scale. Pearson's correlations were used to examine the relationships between the variables of this study (MHL, PD, MHS). For the mediation model, Mental Health Literacy (MHL) was the mediator between PD as the independent

variable and MHSI as the dependent variable. The PROCESS Macro for SPSS was used for the mediation analysis.

RESULTS: There is a negative correlation between Psychological Distress and Help Seeking Behavior, and there is a relationship between MHL and MHSI, but there is no significant relationship between PD and MHL. Meanwhile, MHL does not play a mediating role in the relationship between PD and MHSI, LLCI=0.0361 and ULCI 0.02163. However, the third dimension of MHL, namely help-seeking and first aid skills, has a significant mediating role between PD and MHSI, $r = 0,1578$ $p < 0,05$, LLCI -0,1073 and ULCI -0,0125.

CONCLUSION: The relationship between PD and MHSI was not mediated by MHL, this means that teenagers who are experiencing PD are directly seeking help, without mental health literacy. Although the third dimension of MHL, namely Help-seeking and first aid skills, has a significant mediating role between PD and MHSI. The results of this research provide the benefit of the need for mental health literacy among teenagers who experience distress so that they ask for help from the right person or professional and with the right solution.

KEYWORDS: mental health literacy; mental help seeking Intention; psychological distress

DOI : 10.30226/AHLA.202407.0016

Digital media literacy leads to health literacy in schools.

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INTRODUCTION: The growth of online businesses has caused several problems which affecting students and ruler. According to the survey in August 2022, the main cause of media literacy is the lack of knowledge and understanding to be able to analyze and evaluate media to make decisions, leading to "online crime" and health problems. Strengthening literacy and capacity building for student councils, teachers, parents, and communities is an important tool to build immunity and solve the problem of online media consumption and health concretely in schools and communities.

OBJECTIVES: 1.To enhance knowledge, literate skills and develop potential Student Council Leaders, teachers and parents on the safe and creative use of digital media.

2. To engage in building health-literate schools and communities

METHODS: 1 Explore online media literacy data based on online questionnaires. Analyze data and return to relevant.

2.Training to enhance knowledge and develop potential for student council leaders, teachers and parent representatives.

3. Plan the implementation of online media literacy content by the student council steering team.

4. Create "Media Literacy" to enhance the vaccine in the digital society. Use technology as a medium through online and on-site platforms, learning materials and public relations in various forms to create interesting forms of education, such as exhibition booths. Audio along the line, clip video, stage play, activities in front of the flagpole

5. Evaluate the performance of 4 schools, select 1 potential school, expand to families, communities and expand into health.

RESULTS: 1. The target audience of 1200 students from 4 schools was able to use social media moderately (42.9%), similar to those who used it very well (42.0%). The average cognitive level was mild to very low (2.8 out of 4). San Kamphaeng School had the highest average score and high in all questions with an average of 2.90, interested and want to improve further in health literacy, an average of 2.94 points. It was found that all student council leaders scored higher on all questions. Average correct answer was 81.83%.

2. San Kamphaeng School extension in the production of media including online, off-line, on-site, pamphlets 7 languages, fiddle music, rap music, board games, comic cartoons, 3D knowledge (AR) documents, a course on promoting media literacy consisting of 14 learning subjects. Expand to families and pass on knowledge to 10 communities by organizing 13 community activities in 4 villages. A survey of 300 media literacy respondents found that 77.33% had been scammed online, while after actions the number of scammers decreased by 59.52% to 17.18%.

3. Student Council leaders are become to 'Literate People' to extend to families. San Kamphaeng School can move towards health literacy in nutrition issues, reducing sugar consumption, reduce obesity and diabetes in schools through "Detective Sweets" and imported as a learning curriculum for all levels. This school is a learning exchange venue for more than 40 schools and plan to be a Health Literacy School

CONCLUSION: Enhancing digital media skills can create literate people to build literacy in other areas and expand to the social community effectively.

KEYWORDS: media literacy; literate people; health literacy; community literacy; student council

DOI : 10.30226/AHLA.202407.0017

Health literacy organization : development of the health behavior modification model for patients with Non-Communicable Diseases (NCDs) in health center by smile center model

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Non-Communicable diseases (NCDs) continue to be the world's leading health concern, as well as in Thailand. Both in terms of mortality toll and disease load. Good health related to health behavior that linked to health promotion and prevention. At present, there are many theories and models that can explain or predict health behaviors and apply to solve health problems from NCDs. The purposes of this study were to Development of the Health Behavior Modification Model for Patients with Non-Communicable Diseases(NCDs) in Health Center by Smile Center Model.

The sample consisted of 50 patients with Non-Communicable Diseases(NCDs) Clinic in Queen Sirikit Health Center, Bongen. (There are 25 patients with uncontrolled Diabetes and 25 patients with uncontrolled Hypertension)at Bongen Sub-district, Ladlumkaew,Pathumthani Province, Thailand. The method employed were The 13-step of HLO and Participatory Action Research (PAR). The results revealed that: 1) Adjustment of treatment for NCDs Clinic system to the Smile Center Model, including S=System, M=Mental and Motivational Interviewing, I=Ideal, L=Literacy, E=Eating & Exercise. 2) The sample consisted of 50 patients had more self-efficiency, self-control and self-care ($p<.01$) and better health outcomes ($p<.05$). 3) Create new innovation is Triangle Success for NCDs. to success factors. Including 1. Patient self-care 2. Village Health Volunteer Buddy: VHV Buddy 3. Family Caregiver)

To conclusion, The Health Literacy Organization (HLO) provides resources that helps Organization and people to understanding self- health care and make appropriate decisions for good health. The collaborative learning process of network partners, the Public sector, Caregivers, Health Center that are ready to support and promotion to other

Communities. The Smile Center Model is new interventions will improve NCDs Health system for Health Center and encourage people to improve their health behaviors and solve health problems effectively and sustainability.

Keywords: Health Literacy Organization, Health Behavior Modification, Participatory Action Research (PAR), Motivational Interviewing, Village Health Volunteer

DOI : 10.30226/AHLA.202407.0018

Tai (Shan) screening and promoting developmental tool of newborn – 5 years old for community volunteers and migrant worker parent.

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INTRODUCTION: Early childhood children, ranging from birth to 5 years of age, who are the offspring of migrant workers, are considered a collective of supporters of migrant workers. Thailand places great significance on this group in accordance with the fundamental principles outlined in the Convention on the Rights of the Child, which acknowledges that children possess rights and are entitled to age-appropriate privileges. Moreover, Thailand recognizes the importance of safeguarding the health rights of migrant workers, including stateless children and youth residing in the country, as stipulated in Section 6 of the National Health Act of 2007. These individuals should have access to equitable and impartial health insurance that grants them access to quality essential services, without facing any form of discrimination. The evaluation of children's growth and development is a vital skill that parents who are migrant workers must possess. Regrettably, Thailand has yet to implement comprehensive capacity-building initiatives aimed at enhancing the assessment of early childhood growth and development for migrant parents. Therefore, the provision of healthcare services for ethnic groups, marginalized individuals, migrant workers, and non-governmental organizations, such as the Baan Dek Foundation (BDF), a Thai-registered foundation with the mission to enhance the well-being of vulnerable children and their families residing in urban slums and construction site camps in Thailand, is of utmost importance. The study aims to investigate health literacy in relation to the evaluation of

child growth and development. A group was formed at a migrant worker's residence in Chiang Mai province in 2023, comprising migrant worker parents with children aged from birth to 5 years old. It was observed that the majority of these parents were of Shan descent, hailing from Shan state in Burma. They have been working as migrant workers in Chiang Mai province for over 10 years and possess a certain level of health knowledge. While they are proficient in speaking and listening to the Thai language at a basic level (Functional Health Literacy), they struggle with reading and writing fluently. Consequently, they face difficulties in comprehending and retaining information and knowledge pertaining to the assessment of growth and development, as shared within the groups they frequently engage with for information and support. Interestingly, female acquaintances residing in the same establishment or residence exhibit a keen interest in evaluating and fostering the growth and development of their children. However, they have never come across or utilized the growth reference graph (Growth Chart) employed in Thailand, and are unable to interpret visual assessments or comprehend parental recommendations that emphasize the importance of easily accessible and understandable "communication". Their request for assistance is made in the Shan language. As a result, the Health Center for Ethnic, Marginal, and Migrant Workers has implemented the Shan language version of the growth reference graph, as well as tools for assessing and promoting early childhood development, to cater to the needs of migrant parents and enhance their ability to evaluate the growth and development of their children.

OBJECTIVES: The objective of this research was to create the tai (Shan) screening and promoting The 10thAHLA International Conference: "Health Literacy in the Evolution of Digital Age" developmental instrument for infants aged from newborn to 5 years old, specifically designed for Migrant parents to overcome language barriers.

METHODS: This study was undertaken with the objective of creating the Tai (Shan) screening and promoting tool. The intended recipients of this tool were the Shan Migrant Mother as well as the community volunteers stationed at the Logistic and construction side camp in Chiangmai, Thailand.

RESULTS: The study outcome revealed that the ability of screening was assessed in two aspects, namely 1) and 2). A significant finding emerged indicating that the individuals in question exhibited the utmost level of satisfaction with the utilized tools. Furthermore, there exist supplementary recommendations pertaining to the enhancement of curriculum development. These suggestions encompass the training and augmentation of competencies possessed by volunteer leaders and parents of migrant workers in utilizing the aforementioned tools.

CONCLUSION: This study is the first phase of developing a suitable tool for capacity building Shan community volunteers and Migrant parents to access or understand and use this tool information) from this tool.

KEYWORDS: health literacy, Early childhood children screening and promoting developmental tool of newborn – 5 years. Tai (Shan) migrant workers family.

DOI : 10.30226/AHLA.202407.0019

Factors associated with ventilator weaning among patients in the intensive care unit - an exploratory study

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INTRODUCTION: Mechanical ventilation is a crucial intervention for supporting gas exchange and sustaining the lives of patients with Acute Respiratory Failure. Weaning patients from mechanical ventilation remains a significant challenge in intensive care. Predictors of successful weaning in Intensive Care Unit (ICU) patients appear inconclusive. Various clinical parameters have been studied as predictors of successful weaning in patients in the ICU. However, the results appeared inconclusive.

OBJECTIVES: This study aims to explore the factors associated with successful ventilator weaning.

METHODS: In a 24-bed ICU at a teaching hospital in central Taiwan, data on nutritional status, clinical test values, and disease severity within 24 hours of admission were retrospectively collected from medical records for 336 consecutive patients admitted to the ICU. These parameters include age, sex, BMI, blood levels of albumin, hemoglobin, blood urea nitrogen, creatinine, sodium, potassium, Glasgow coma scale (GCS), arterial blood gas, Acute Physiology and Chronic Health Evaluation (APACHE) II scores, and vasopressor use. Correlation analyses were performed to evaluate the relationship between these variables and respirator weaning outcomes. Multiple logistic regression was used to identify independent predictors of successful respirator weaning.

RESULTS: Demographics were similar between the two groups, with an average age of 74.67 ± 15.60 years. Patients with a higher level of GCS, lower APACHE II scores, and those not receiving vasopressors were more likely to successfully wean off the

ventilator ($p < 0.05$). Multiple logistic regression analysis identified two significant predictors of successful ventilator disengagement: the level of GCS and the use of vasopressors ($p < 0.05$).

CONCLUSION: Blood urea nitrogen levels, level of GCS, APACHE II score, and use of vasopressors are relevant factors in patients dependent on mechanical ventilation. These factors should be considered when providing care and managing patients on mechanical ventilators

DOI : 10.30226/AHLA.202407.0020

The effectiveness of resilience quotient program to mental health literacy in the model workplace at Khon Kaen Province, Thailand

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INTRODUCTION: The purpose of this research was to study the effects of resilience quotient program, using digital platforms to be screening and enhance mental health literacy for workers in the model workplace at Khon Kaen Province, Thailand.

OBJECTIVES: To study the effectiveness of resilience quotient program for workers in the model workplace at Khon Kaen Province, Thailand.

METHODS: This quasi-experimental research program for workers in the model workplace at Khon Kaen Province, Thailand, using a sample group of 70 people received resilience quotient program by using the knowledge set, consisting of Module 1: based on strength, Module 2: Power of stamina and Module 3: Power of fight from June 10 to December 10, 2022. Mental Health Assessment Before and After Using Web Application: Mental Health Check In and measure knowledge before training and compare immediately after training, 1, 3 and 6 months. Data were collected using the resilience quotient assessment and mental health literacy assessment form of the Department of Mental Health. The statistical data was analyzed using SPSS program. The statistics used were percentage, mean, standard deviation. Inferential statistical t-test using statistics comparing the mean values of the two independent sample groups (Paired t-test) and regression at statistical significance 0.05.

RESULTS: After 1 month of training, participants had improved mental health assessment results including stress, depression, and burnout. After 1, 3 and 6 months of training, the mean score of resilience quotient and mental health literacy were statistically significantly greater than before the training (p-value<0.001).



CONCLUSION: Implementing program activities can achieved empowerment and remains to 6 months in the target group. CARE Model consists of Care, Activities, Relationship and Education were created by using digital platforms to help screen and enhance mental health literacy to their problems. Established the sustainable mental health system for workers and expanded to other workplaces.

KEYWORDS: Effectiveness, resilience quotient program, resilience quotient, workplace

DOI : 10.30226/AHLA.202407.0021

**Health systems literacy of Filipina migrant workers in Japan: a survey on
Philippine and Japanese health care**

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INTRODUCTION: Filipinos constitute the fourth largest migrant group in Japan. An outcome of feminized migration, they are predominantly identified as either marriage migrants in the 1970s or entertainers in the 1980s. While Japan is a less known destination for domestic workers, Filipino women recruited into the sector either work for expat families, or are outsourced through the Philippine recruitment agencies by Japanese housekeeping service company counterparts beginning 2018. Given the demographic presence of Filipinos, understanding the accessibility and literacy of Filipino migrant workers on health security system ought to be at the forefront of national and bilateral health agendas.

OBJECTIVES: The study aims to develop survey tools for assessing the level of literacy of Filipino house helpers in Japan about the health systems of Japan and the Philippines. It also aims to examine how literate Filipino migrant workers are with respect to the prevailing health care programs and policies in the two countries over the years, and the mechanisms of the two governments for promoting health care information and services to Filipino migrants themselves.

METHODS: Data used for this research is based on the interviews with government agencies in the Philippines, as well as the interviews and pilot surveys with Filipino house helpers mainly based in Tokyo.

RESULTS: Findings show that while working in Japan, Filipino migrant house helpers tend to sometimes disregard Philippine-based programs and policies that seek to protect their health. As a result, their level of literacy in Philippine systems fluctuates while the level of literacy in Japanese health system tends to improve the longer Filipinas live and

work in the country, and they gradually become alienated from the Philippine system. Yet, despite the availability of health and social pension benefits in the receiving context, Filipino domestic workers who are ageing, part-timers, and low-wage may face greater vulnerabilities and barriers to attaining health systems literacy.

CONCLUSION: While both the Philippine and Japanese health security systems provide for the needs of Filipino migrant workers, the Japanese health care system is preferred by Filipino migrant workers for its relatively more adequate provision and efficiency to Philippine systems. It remains a challenge for the Japanese health system to be inclusive, while the Philippine health care must strive to develop mechanisms for periodically communicating and making its health programs portable for Filipinos overseas.

KEYWORDS: Japan; Philippines; health system literacy; Filipino migrant workers

DOI : 10.30226/AHLA.202407.0022

Knowledge, demand and willingness to pay for prenatal screening among women of reproductive age in Thua Thien Hue province

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INTRODUCTION: With the progress in healthcare technology, prenatal diagnosis and screening methods have become increasingly vital for the early detection of congenital defects and other prenatal health issues. The level of knowledge and demand for prenatal screening significantly impacts the decision-making process in selecting the appropriate screening service for consumers. Specifically, research is focused on exploring the knowledge and demand for prenatal screening, assessing the readiness and financial capability for prenatal screening services related to congenital abnormalities.

OBJECTIVES: 1. Describe the knowledge and demand for prenatal screening for congenital defects among women of childbearing age in Thua Thien Hue province; 2. Determine the willingness to pay for prenatal screening measures for congenital defects and explore factors related to the willingness to pay.

METHODS: This cross-sectional study employed a stratified random sampling method to ensure a representative sample. A total of 423 women of childbearing age in Thua Thien Hue province in 2023 were interviewed using a paper questionnaire. Willingness to pay was assessed through a contingent valuation method. A linear regression model

combined with the Bootstrap method was used to examine factors related to the willingness to pay for prenatal screening. Factors included in the multivariate regression analysis were those showing a relationship with the willingness to pay with a value of $p \leq 0.20$ in the univariate regression analysis. The univariate regression analysis employs the T-test and One-Way ANOVA test. No variables exhibit a variance inflation factor (VIF) > 5 , indicating that multicollinearity has been addressed in the preliminary analysis.

RESULTS: The average age of the study participants was 28 ± 4.2 years. The percentage of participants who had heard of or knew about prenatal screening was 79.7%. The First Trimester Screening (FTS) method was more well-known compared to the Non-Invasive Prenatal Testing (NIPT) method, with an awareness rate of 89%. The proportion of participants who believed that prenatal screening could help in the early detection of congenital defects in fetuses and reduce the risk of having a child with defects were 67.6% and 59.7%, respectively. A total of 86.8% of participants planned to undergo prenatal screening, with the FTS method being the preferred choice for 47.9% of them. The average price they were willing to pay for a combined screening method was VND 787,843. The average prices willing to be paid for three packages of non-invasive screening (NIPT) were VND 1,203,428, VND 1,497,606, and VND 2,199,468 for combined screening, respectively. There is a statistically significant relationship between the willingness to pay for prenatal screening and factors such as "Average Monthly Total Income," "Ability to Afford Necessary Medical Services," "Number of Miscarriages," and "Family History of Congenital Defects" ($p < 0.05$, 95%CI).

CONCLUSION: This study sheds light on the health economics aspects of prenatal screening, playing a pivotal role in supporting program management. These findings provide crucial insights into shaping health insurance policies and establishing cost-support mechanisms for prenatal screening tests among the population. This helps enhance the quality of prenatal screening services for congenital defects, thereby improving health awareness and care for both mother and fetus.

KEYWORDS: Willingness to pay; Prenatal screening; First Trimester Screening; Non-invasive prenatal testing; Congenital anomalies; Contingent valuation method.

DOI : 10.30226/AHLA.202407.0023

Effectiveness of promoting health literacy in the elderly, regional health promotion center 1, Thailand

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INTRODUCTION: Regional health promotion center 1 covering an area of 8 provinces in the northern of Thailand, it was the area with the highest ratio of the elderly population and the ratio has increased every year accounting for 23.35 percent and 28.03 percent in 2019 and 2023, respectively. From the National health literacy survey in 2019, it was found that the elderly group had an average health literacy level of 53.29 percent and the elderly people had sufficient health literacy was 19.5 percent, which was the lowest value compared to other age groups. Therefore, have been taken to raise the level of health literacy among this group to have the ability to take care of themselves, have desired behavior and continue to have good health.

OBJECTIVES: 1. To study the health literacy of the elderly population in regional health promotion center 1.
2. To study the effectiveness of promoting health literacy in the elderly in regional health promotion center 1.

METHODOLOGY: Observation study results the survey of health literacy in the elderly population in regional health promotion center 1 in 2019 and 2023 compares health literacy levels using statistical methods (t-test) to found relationships among factors affecting health literacy using Binary Logistic Regression statistics.

RESULTS: The results of the study found that; the elderly people in regional health promotion center 1 had a health literacy level increased to 77.05 percent and the elderly people which had sufficient health literacy increased to 83.0 percent, and when compared to 2019, it was found that there were increase significant of statistically (P-value <0.001) . When separating by category, questions regarding access to reliable

information (access ability skill) were found at 86.6percent, the questioning regarding understand health information (understanding skill) were found at 77.4 percent, and in the category of using information for decision (decision skill) were found at 78.5 percent .When comparing each category with last year's data In 2019 found that; there were increase significant of statistically (p-value <0.001). Important factors affecting adequate health literacy include religion, no underlying disease, access to health services and communication channels to received health information.

CONCLUSION: The health literacy can be accumulated and increased in all groups, especially, vulnerable groups such as the elderly who had many limitations including education, economy, health, technological ability. If there was serious support from all society sectors to reducing inequality in society, it will increase to adequate health literacy until having the ability to take sufficient care of themself to be healthy and continue to have a better quality of life.

KEYWORDS: health literacy, regional health promotion center 1, the elderly

DOI : 10.30226/AHLA.202407.0024

**The role of public relations media with health knowledge at Health Center 7,
Khon Kaen**

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INTRODUCTION: The role of public relations media With health knowledge, Health Center 7 Khon Kaen is a resource for disseminating information. Its duty is to disseminate information, knowledge regarding health that is accurate, fast, up-to-date, and neutral. It is a channel or tool used for communication, bringing news, stories and various knowledge about health. From organizations or agencies to citizens By choosing the right media correctly to deliver the message to the target audience. As desired by the organization and to help build relationships and a good image for the organization. Mentioning the word “health” means a state of complete physical, mental and intellectual well-being, enabling a person to be able to lead a complete life in both personal and social aspects. And economy, having freedom in occupation Learn and actively participate in family and community life. Health literacy Therefore, it is important and must support the people to access, understand information, knowledge and provide health services. The basic level required is easy. When he wants Leads to questioning, evaluating, deciding, choosing to receive, adjusting to be effective, and then spreading the word.

OBJECTIVES: 1. To study the role of public relations media.

2. To study health knowledge of Health Center 7, Khon Kaen.

3. To study the role of public relations media. with health knowledge of Health Center 7, Khon Kaen

METHODS: research model This research is a survey research. The objective is to study health literacy. Study the role of public relations media and health knowledge of Health Center 7, Khon Kaen. Research scope This research is a study of Health Center

No. 7, Khon Kaen, with a sample size of 21 people using a random sampling method of 3 groups: the Public Relations Communication Unit. Health Promoting Hospital and those receiving services Health Promoting Hospital Health Center 7, Khon Kaen, as follows:

1. Public relations communications unit, 5 people
2. Health Promoting Hospital personnel, 7 people
3. People receiving services at the Good Child Clinic, Health Promoting Hospital Health Center 7, Khon Kaen, 9 people

RESULTS: From the study, it was found that the role of public relations media with health knowledge of Health Center 7, Khon Kaen, the response was in a good way and the recipients received correct information from receiving public relations media. Using the theory of (Baran & Davis)

CONCLUSION: The role of public relations media is to bring news and knowledge from the organization to the public. Create health knowledge Health Center 7 has guidelines for creating knowledge and understanding of correct information. From visiting the area to distribute questionnaires or evaluation forms to target groups into 3 groups: Public Relations Unit Health Promoting Hospital, a total of 21 cases, after receiving public relations media Have good health knowledge about that medium.

KEYWORDS: Role, public relations media , health knowledge

DOI : 10.30226/AHLA.202407.0025

Effect of positive self-talk training program for guardians with depression on adolescent depression

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INTRODUCTION: There are 1.5 million Thai people aged 15 years and over who suffer from depression. Out of 100 patients, only 28 can access treatment, resulting in over 70% of Thai people dying prematurely. However, "Depression" most often begins to have clear symptoms around the age of 25. After that, it can become a long-term chronic mental disease, according to Sutra Euaphisitwong's study in 2020 studied the relationship between family relationships and Depression in teenagers: It was found that depressed teenagers have lower family relationships than other teenagers in terms of doing activities together as a family. Depression not only affects those who face the disease themselves but also affects the family, causing people in the family to worry and stress because of behaviour of teenagers that change. If depression in Thai teenagers is not taken care of, it will cause psychological problems and increase in violence and it may cause the loss of life from suicidal behaviour. Families taking care of depressed patients will be stressed and anxiety. A review of the literature about treatment programs for people with depression that are widely used, such as cognitive therapy (Cognitive Therapy), which is a way to treat and prevent depression. recurrence of depression effectively, especially in those with mild and moderate levels of depression, by using positive self-talk. which is a method of cognitive therapy used to adjust Cognitive structure (Davidhizar R.E., 1996) is the refinement of thoughts and behaviour (Magellan of California State of California EAP Newsletter, 2004) and is part of a person's internal communication (Weikle, Julia E, 1993). The research interested in studying and developing a positive self-talk training program to apply the concept and apply it to strengthen parents' thinking appropriately. Say positive things while living.

In the midst of negative events that have affected parents very well. This will result in parents having positive behaviour that will give caring for depressed teenagers. It also affects the symptoms and recovery of depressed teenagers.

OBJECTIVE: To study the results of positive self-talk training program for guardians with depression on adolescent depression.

METHODS: This study was designed as a quasi-experimental research. The purposes of this research was to examine the effect of a Positive Self-talk training program for depression of guardians with depressed children. The samples were 50 guardians attending treatment at out-patient service of the Child and Adolescent Mental Health Rajanagarindra Institute.

A simple random sampling method was used to classified 25 guardians into the experimental group (received the positive self-talk training program) and 25 guardians to the control group (received regular caring activities). A total of 25 pairs were matched individually, using criteria for determining the characteristics : 1) sex 2) age range 3) relationship with depressive adolescents. Research instruments consisted of 1) A Positive Self-talk training program, 2) A regular caring activities, 3) A personal record form for depression of guardians with depressed children, and 4) A 9-questions depression assessment form (9Q). The experimental group have to complete a self-assessment through watch information and knowledge media including submitting homework for various activities via online system. The activities in the group program consist of 6 steps: 1) Using the pronoun "I" to talk to oneself, 2) Positive self-talk, 3) Identifying negative self-talk, 4) Determining how to talk to oneself. 5) Apply positive self-talk to personal problems, and 6) Apply positive self-talk.

The experiments and collected data using a total period of 8 months from November 2021 - March 2022 at the Child and Adolescent Mental Health Rajanagarindra Institute. Data were analyzed using an independent t-test and Repeated measures ANOVA.

RESULTS: The results of the study revealed that:

1. The Depression means scores of the experiment group after the Positive Self-talk Training Program and the follow-up periods were significantly lower than the pre-test depression score ($p < .01$).

2. The Depression means scores of the control group after a regular caring activities were significantly lower than the pre-test depression score ($p < .01$), after a regular caring activities and the follow-up periods, the means scores of control group non difference than before a regular caring activities.

3. The Depression means scores of the experiment group after the Positive Self-talk Training Program and the follow-up periods were significantly lower than the control group depression score ($p < .01$).

CONCLUSION: A positive self-talk training program can reduce depression. Parents of depressed teenagers who participate in the positive self-talk training program and complete every step will be able to develop adjustments from negative thoughts to positive thoughts. Parents of depressed teenagers will participate in activities to explore negative self-talk can evaluate their views of themselves and their environment. Understanding the nature of negative self-talk can catch their own negative words. and the skills to stop negative thoughts and negative words within one's own mind.

KEYWORDS: Positive Self-talk training program, Depression

DOI : 10.30226/AHLA.202407.0026

Effects of pertussis vaccine education on pregnant women's knowledge and vaccination decisions.

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Whooping cough is an infectious disease that is a common health problem in young children under 1 year of age. Epidemiological data from Thailand. The purpose of this research was to study the effects of providing knowledge about pertussis vaccines on the knowledge and decision-making of pregnant women.

RESULTS: The majority of the sample were pregnant women aged 20-35 years. 90.0% were in their first pregnancy.

CONCLUSION: Providing knowledge about the correct pertussis vaccine.

DOI : 10.30226/AHLA.202407.0027

Developing a health-literate community in health zone 4, Thailand towards healthy citizens.

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INTRODUCTION: Important problem situations encountered in the context of Health Zone 4 include falls and falls among the elderly. The problem is that most of the working age people have a body mass index above the standard, are more likely to develop NCDs, and have found diseases transmitted through food and water as media in the market as well. The health district therefore sees that if it is created for all citizens in Health Zone 4 has adequate health knowledge. It will help reduce these problems. And there should be the development of health literacy organizations and health literacy communities.

OBJECTIVES: Creating health literacy community (HLC) and creating a health literacy organization in the public health service unit (HLO).

METHODS: 1. Establish a team of consultants who are experts in creating health literacy. Health district level For being a mentor (Coach) during the work drive
2. Produce a curriculum to train and develop the potential of public health personnel responsible for work in every province. By a team of health district lecturers
3. Drive the creation of health literacy By developing a health literacy organization (HLO) focusing on health service units. and develop health literacy communities (HLC) in markets and workplaces and the Elderly Club.
4. Organize a forum to exchange knowledge and admire and expand prototype results.

RESULTS: Health District 4 has visited the area to use the process of driving the community to be knowledgeable about 3 types of health:1. Market communities, 37 places. 2. Business communities, 12 places. 3. Elderly club communities, 51 places. Totaling 100 health knowledgeable communities. It is ranked number 1 in the country.

And there have 480 mentors were born in creating health literacy. It was found that the proportion of the population with sufficient HL from the 2019 survey found that Health Zone 4 had a percentage of people with adequate health knowledge at 69.8 percent. Data on the proportion of the population with sufficient HL were obtained from the Health Aun Jai system, Department of Health, year 2023. It was found that the area was in good health. The proportion of the population with sufficient HL is at 92.61 percent, which tends to improve the public's adequate knowledge. Results in terms of healthy people A role model for changing health behavior has been born, 1 person per province, totaling 8 people who can be role models for health. Can be a mentor to expand results Tell and inspire real behavior adjustments.

CONCLUSION: To drive HL operations through a health literacy organization and health literacy community. It is considered to drive health literacy to the individual level. driven by a system in order to be able to reach a wide range of population groups It can help people have health literacy skills to manage their own health.

KEYWORDS: Health literacy, Health literate community, Health literate organization

DOI : 10.30226/AHLA.202407.0028

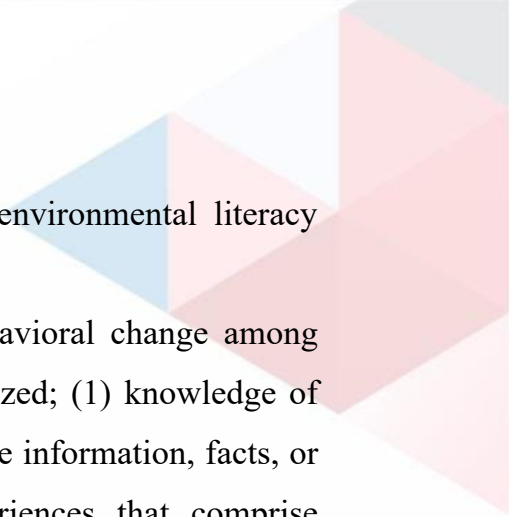
**Measurement and development program of digital environmental literacy
affecting behavior of preventing health impacts in women of reproductive age**

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This study, based on data from the National Environmental and Health Survey in Thailand, focuses on the health status of women of reproductive age living in Bangkok, aged 15-49 years. It examines personal factors and the relationships between individuals, communities, and society, as well as the factors influencing behavior. Previous research has shown that social and demographic characteristics, along with health knowledge, can impact healthy behaviors in women of reproductive age (Winichagoon et al., 2023). Empirical evidence also suggests that self-reminders can be effective in protecting against adverse health effects from the environment (Chanpet et al., 2020). Therefore, the researchers developed a program to enhance knowledge about digital environmental health, aiming to influence behavior and prevent health impacts in women of reproductive age. Drawing on the concept of self-monitoring by Kanfer and Gaelick-Buys (1991), the program aims to enable participants to change their behavior effectively to prevent health effects (Kanfer & Gaelick-Buys, 1991; Sørensen et al., 2012). This approach can reduce risk factors for chronic non-communicable diseases, promote health, and enhance the quality of life and happiness of women of reproductive age. The measurement and program are employed to enhance the behavior of preventing health impacts in women of reproductive age. The results indicated that firstly, the digital environmental literacy intervention can encompass on-site, online, and group activities, accompanied by learning materials, to enhance skills in six areas. Secondly, DEL was assessed based on four components; (1) accessing environmental literacy information; (2) understanding environmental literacy information; (3)



applying environmental literacy information; (4) appraising environmental literacy information.

This is often utilized to promote knowledge and induce behavioral change among women of reproductive age. Three aspects should be emphasized; (1) knowledge of DEL among the women of reproductive age, gained through the information, facts, or situations resulting from the study observations and experiences that comprise personality, factual, and professional; (2) attitude, which refers to the feelings, behavior, and beliefs of the women in reproductive age; and (3) skills, which referring to the actions resulting from the accumulation of experience to achieve expertise, consisting of awareness, familiarity, and increasing accessibility and equality for all women of reproductive age.

KEYWORDS: Reproductive health, health literacy, digital literacy, behavior, adolescent and youth

DOI : 10.30226/AHLA.202407.0029

Outcomes of providing parents of children received iron supplementals with educational media. health promoting hospital, regional health promotion center 7 Khon Kaen

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Outcomes of providing parents of children getting iron supplements with educational media. Health Promoting Hospital, Regional Health Promotion Center 7 Khon Kaen. In quasi-experimental research, the exposure to video media that provides information on receiving iron-fortified liquid medicine is studied using a one-group experimental design that involves measuring before and after the experiment (The One-Group pretest - posttest Design). for children among parents that visit Health Promoting Hospital, Regional Health Promotion Center 7 Khon Kaen, using a basic random sample technique with a group size of thirty. Data collection is done using a certain method (purposive sampling), and the results are provided in terms of number, percentage, mean, and standard deviation. Using Paired Simple T-test Statistics to Test Hypotheses. The study's findings revealed that the sample was made up of 73.3% females and 26.7% males. The majority, 50.0% of whom were employed, were between the ages of 31 and 40. A maximum of 40.0% of careers will be in state businesses or government service. 56.7 percent of people have a bachelor's degree or higher. Their income ranges from 20,000 to 25,000 baht, or 40.0%. 53.3 percent of children will be male, and 46.7 percent will be female. The children are six months old on average. 60.0%. None of the children have any congenital illnesses. Findings from a comparison of parents' mean satisfaction levels with the use of instructional material for kids getting iron-fortified drinks. Parents of children receiving liquid medicine enriched with iron reported an average level of satisfaction with the application of instructional media, both before and after. Prior to the video media trial, the mean value was 2.54 (S.D. = 0.208) and the mean value was

4.79 (S.D. = 0.188) following the video media trial. The t value of -66.379 indicates that parents of kids who were given extra fluid medication iron following the viewing of instructive video content intended for parents whose kids are taking iron supplements. For parents of children receiving liquid medication, there will be a comparison of the mean values of the quality of educational media, and the results will show a higher mean satisfaction than before getting the video media, with statistical significance at the $p < 0.001$ level. iron-supplement Following the distribution of instructional materials to parents whose children are getting liquid medication enriched with iron, it was discovered that the average caliber of these materials was the mean was 2.80 (S.D. = 0.208) prior to the video media experiment and 4.85 (S.D. = 0.204) following the trial. The t value was -76.207, meaning that following the distribution of instructional materials to parents whose children are receiving iron supplements at a statistical significance of $p < 0.001$, the media's average quality will be higher than it was prior to receiving the video material. It is recommended that the media presentation duration be shortened to make it more succinct. and expand media design further to make it more engaging.

KEYWORDS: Knowledge, Iron supplements, Educational media, Parents of children

DOI : 10.30226/AHLA.202407.0030

Exploring factors affecting Covid-19 preventive behaviors among university students in the post-pandemic: basis for nursing health education

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INTRODUCTION: Several countries have loosened their COVID-19 protocols due to a higher degree of population immunity against COVID-19 with the widespread use of vaccines. However, there have been recent surges of COVID cases around the globe (e.g., China), and risk remains of new variants emerging. In the university, students have become complacent in following preventive behaviors, and there is a lack of monitoring of COVID-19 cases after the reopening of face-to-face classes.

OBJECTIVES: This study aimed to investigate the factors such as perceived barriers, perceived risks, and sociodemographic profiles influencing the preventive behaviors among students in the post-pandemic and to identify strategies suggested to enhance the implementation of these preventive behaviors.

METHODS: A descriptive correlational study was conducted among 370 undergraduate students enrolled in the 2nd semester of SY 2022-2023. The sample was determined using stratified random sampling. Modified survey questionnaires related to demographics, COVID-19 preventive behaviors, perceived barriers, and perceived risks of COVID-19 were utilized. Descriptive statistics and quantitative content analysis, such as T-test, one-way ANOVA, and Spearman's correlation, were used to analyze the data.

RESULTS: Results revealed that most of the respondents are aged between 19-21 years old (59.5%), female (55.4%), from the College of Engineering (28.9%), completely vaccinated with 1st booster (49.7%), never been diagnosed and never encountered a person diagnosed with COVID-19 (51.4%). Most of the respondents often practiced preventive behaviors against COVID-19. Additionally, most have low

perceived barriers to implementing preventive behaviors and moderate perceived risks of COVID-19. Only sex, vaccination status, and perceived health status have a significant relationship towards COVID-19 preventive behaviors, wherein females, fully vaccinated and have good perceived health status have greater preventive behaviors. Lastly, there is a negative correlation between perceived barriers and preventive behaviors.

CONCLUSION: An individual's perceived barriers could negatively influence one's choice of practicing preventive behaviors against COVID-19. Health information campaigns need to focus on identifying perceived barriers that may hinder adherence to COVID-19 preventive behaviors and adoption of these behaviors among men, non-compliant with vaccines and have poor perceived health status.

KEYWORDS: COVID-19; Preventive behaviors; Post-pandemic; Student; University; Vaccination

DOI : 10.30226/AHLA.202407.0031

**Exploring perceptions on mental health counseling among parents and students:
a qualitative study**

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INTRODUCTION: The COVID-19 pandemic caused a significant rise in anxiety and depressive disorders in the Philippines, affecting approximately 3.6 million Filipinos, as highlighted by the Philippine WHO Special Initiative for Mental Health. Unfortunately, the stigma surrounding mental illness in Filipino society creates significant barriers to seeking help, as individuals fear negative perceptions, damage to family reputation, social isolation, discrimination, and rejection. **Objective:** The study aims to contribute to understanding how these two generations perceive mental health-related matters and mental health counseling.

METHODS: The Descriptive Qualitative research study specifically focused on 12 nursing students at MSU IIT and their 12 parents who were not employed in medically related fields. The researchers gathered and analyzed the data needed through interviews, targeting both Generation X and Generation Z.

RESULTS: It is evident that there is a negative perception associated with seeking mental health counseling, mainly because of the apprehension surrounding the possibility of being stigmatized as "insane". The study also uncovered several unfavorable attitudes associated with the participants' perceptions of individuals dealing with mental health issues.

CONCLUSION: Both older and younger age groups display positive perceptions, indicating a willingness to seek professional help and overcome barriers such as societal stigma. The findings of the study offered insightful perspectives from two generations, delving into their experiences and opinions.

KEYWORDS: Mental Health Counseling, Mental Health, Mental Health Issues, Stigma

DOI : 10.30226/AHLA.202407.0032

Exploring cue to action and its impact on early screening participation among individuals aged 45-64 in Ulaanbaatar, Mongolia

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INTRODUCTION : Early screening plays a critical role in identifying disease risk and recognizing illness signs in communities. Clause 2.1.1 of the Government's action plan for 2020-2024 underscores the importance of early screening initiatives. Following nine months of implementation, the Ministry of Health reported that 25.7% of the overall population and 17.2% of individuals aged 46-60 actively engaged in early screening by February 9, 2023. This study aims to assess how information about early screening impacts individuals aged 45-64 in Ulaanbaatar.

OBJECTIVES : The purpose of this study is to examine the influence of information dissemination on early screening participation among individuals aged 45-64 in Ulaanbaatar.

METHODS : A cross-sectional study design was employed to investigate the relationship between information on early screening and participation factors among individuals aged 45-64 in Ulaanbaatar. A sample of 399 participants within this age range was selected using a stratified sampling method to ensure representation across demographic characteristics. A One-way ANOVA was conducted to analyze the correlation between information on early screening and motivation to participate, awareness, and future participation. Regression analysis was also performed to explore the relationship between knowledge about early screening and motivation to participate, focusing on information dissemination.

RESULTS : The One-way ANOVA findings indicate a significant correlation between information on early screening and motivation to participate ($p = 0.005$), awareness ($p = 0.001$), and future participation ($p = 0.012$). Regression analysis revealed a significant

association between knowledge about early screening and motivation to participate ($F(2,396) = 11.244, p < 0.001$), emphasizing the importance of information dissemination. Furthermore, a statistically significant relationship was found between early screening awareness and future participation ($B = 0.102, t = 3.217, p < 0.001$), suggesting decreased involvement with insufficient information.

CONCLUSION : The findings highlight the crucial role of information dissemination in promoting early screening participation among individuals aged 45-64 in Ulaanbaatar. Lack of awareness about government policies and actions contributes to low participation rates in early screening programs. Addressing these informational gaps is essential for enhancing public engagement and improving health outcomes in the target population.

KEYWORDS : early screening; information dissemination; participation; awareness; Ulaanbaatar; public health.

DOI : 10.30226/AHLA.202407.0033

Knowledge, attitude about evidence-based practice among nurses at Ho Chi Minh Oncological hospital

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INTRODUCTION : The evidence-based practice (EBP) of nursing is a combination of three factors: care decisions based on the best current research evidence available, along with the clinical expertise of nursing care, while combining the needs and suitability of the patient. David Sackett states that EBP is the best blend of scientific evidence with clinical experience, and the needs and realities of the patient. The study provided information to evaluate the nursing practice implementations and nursing care techniques at the Ho Chi Minh City Oncology Hospital.

OBJECTIVES : To investigate the correlation between knowledge, attitude, and evidence-based practice (EBP) among nurses in the Ho Chi Minh City Oncology Hospital.

METHODS : A cross-sectional descriptive study was conducted on 194 nurses working at Oncology Hospital during the period from 01/2022 to 05/2022. The high-reliability questionnaire was used to collect data. The data was collected by using a stratified random sampling method. Descriptive statistics T -test, ANOVA, Pearson r and, Spearman rho were used to analyze the data

RESULTS : The majority of nurses participating in the study were female (83%). The mean age of nurses was 34.46 ± 6.6 years. The mean of work experience is 11.77 ± 6.47 years. The highest mean score of knowledge was 5.12 ± 0.74 , followed by practice at 4.90 ± 0.99 , and the lowest mean score of attitudes was 4.80 ± 0.95 . There is a strong correlation between implementation of evidence-based practice with knowledge $r = 0.64$, $p < 0.05$, attitude $r=0.43$, $p<0.05$ and highest professional qualifications $\rho = 0,14$,

$p = 0,03$. There is not corelation between evidence-based practice with age, gender, work experience, marital status $p>0.05$.

CONCLUSION : This study indicated that nurses had positive knowledge, attitude, and practices for EBP. There were correlations between attitude and evidence-based practice. Therefore, there is a need for solutions that provide or facilitate nurses to realize the importance of evidence-based practice, organizing and encouraging nurses to find authentic evidence to apply in their work.

KEYWORDS : knowledge; attitude; evidence-based practice; nurse.

DOI : 10.30226/AHLA.202407.0034

The short food literacy questionnaire validity and reliability analysis among adults in Indonesia

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INTRODUCTION : Nutrition literacy in Indonesia among adults is still vague. The previous research suggested a Short Food Literacy Questionnaire (SFLQ) to assess nutrition literacy. The SFLQ original version has not yet been translated into and has not yet been used in Indonesia. The validation and reliability testing of SFLQ among Indonesian adults is essential for assessing their food and nutrition literacy accurately and effectively. This step is important for assessing the tool whether it is valid and reliable in measuring knowledge, skills, and behaviors related to food and nutrition to ensure the Good Health and Well Beings in the future. Through detailed validation, the SFLQ becomes a dependable method for conducting research, assessing diets, and creating nutritional programs aimed at increasing food and nutrition understanding among Indonesian adults.

OBJECTIVES : We aimed to test the validity and reliability of the Short Food Literacy Questionnaire (SFLQ) instrument in Indonesian Adults.

METHODS : The present study was used a cross-sectional study using an online survey that conducted between in the first week of March 2024 with 121 participants from Sidoarjo, Surabaya, and Malang of East Java, Indonesia. We used STATA 17 to analyze the validity and internal consistency (Cronbach's alpha). The Short Food Literacy Questionnaire (SLFQ) consists of 12 questions with a specific question, in the fifth question, about particular nutrients, such as protein or carbohydrate, fat, and salt recommendation.

RESULTS : The average interitem correlation for questionnaire validation showed values of 12 questions lower than 0.05 which is indicating a strong validity. Moreover, a Cronbach's alpha of 12-item with focus on sugar-salt-fat in the fifth question was 0.877. Meanwhile, a Cronbach's alpha of 12-item with focus on protein in the fifth question was 0.884, means the SLFQ is a reliable and valid to be used among Indonesian adults.

CONCLUSION : The study affirmed the Short Food Literacy Questionnaire (SFLQ) as both a reliable and valid measure for evaluating food and nutrition literacy in Indonesian adults, ensuring its accuracy for this specific demographic.

KEYWORDS : nutrition literacy; good health and well beings; Indonesian; validity; reliability

DOI : 10.30226/AHLA.202407.0035

The development of a food eating literacy model with community participation for people with type 2 diabetes in Wangsomboon district, Sakaeo province

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INTRODUCTION: Diabetes is a chronic non-communicable disease and is one of the top public health problems in all countries around the world. A healthy eating habit intervention has been reported to improve the blood glucose level in people with type 2 diabetes mellitus (T2DM).

OBJECTIVES: The purposes of this participatory action research were to develop and examine the impact of the food eating literacy model (FELM) on food eating literacy (FEL), eating behavior (EB), participatory behavior (PB), and HbA1c levels in people with uncontrolled T2DM in Wangsomboon district, Sakaeo province.

METHODS: The research process consisted of five steps, including: 1) problem identification 2) development of an FEL model 3) planning and implementation 4) evaluation and assessment, and 5) knowledge management. These activities lasted over 12 months. The participants consisted of 52 health officers and NCDs board members who were purposive sampling for steps 1, 2, 3, and 5, and 81 uncontrolled T2DM patients were randomly selected for step 4. Data were analyzed by descriptive statistics and paired t test was used for the inferential statistics. The qualitative data were analyzed by content analysis.

RESULTS: The result showed that an appropriate model of FEL included six components: 1) self-management support; 2) delivery system redesign; 3) supporting health care system; 4) health literacy program and information system; 5) health-care management term; and 6) community policies and resources. Moreover, the mean scores of the food eating literacy (FEL), eating behavior (EB), participatory behavior (PB) were significantly higher than before participating in the project at 6 months. Furthermore, the HbA1c levels were significantly reduced when compared to before participating condition at 6 months.

CONCLUSION: The findings suggest that the model was effective for improving food eating literacy and eating behavior for people with uncontrolled Type 2 diabetes mellitus and it could be used in other areas to improve eating behavior and control the HbA1c levels for people with T2DM.

KEYWORDS: Community participation, Type 2 Diabetes mellitus, Eating behavior, Food eating literacy model

DOI : 10.30226/AHLA.202407.0036

Factors associated with health literacy in early childhood rearing of parents in the middle zone of Northeastern Thailand

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Background: Health literacy in early childhood rearing is essential in child development. However, there are no studies in early childhood rearing of parents in the middle zone of Northeastern Thailand.

Objectives: This study aimed to explore the association among factors of socio-demographic

characteristics of parents with the health literacy in early childhood rearing.

Method: This study was a descriptive cross-sectional study. The participants were 339 early childhood parents in the middle zone of the North-eastern Thailand during July – September, 2021. They were chosen using consecutive sampling method according to the determined properties. Data were collected using the self-completed questionnaires with content validity index of 0.97 and reliability of 0.86. The data were analyzed for frequency, percentage, mean standard deviation and multiple logistic regressions.

Results: The results showed that 49.6% of parents had a fair and improved level of health literacy in the early childhood rearing. The grandparent's role was found to be the protective factor (AOR=0.33, 95%CI: 0.19-0.55) of adequate health literacy in the early childhood rearing of parents.

Conclusion: The research suggested that grandparents groups were important to inadequate health literacy in early childhood rearing. Therefore, emphasis should be placed on establishing knowledge and understanding among the grandparents in order to correct discriminating decisions in the early childhood upbringing, covering

issues of eating, hugging, playing, storytelling, sleeping, dental care, provision for a safety environment, including proper emotional and behavior control.

Key words: Health literacy, Early Childhood Rearing, Thailand

DOI : 10.30226/AHLA.202407.0037

Health literacy for policy driving of taking care of covid-19 patients in home and community isolation for operating staffs and related officials during covid-19 pandemic in 2022 in the health region 7

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Chanpreya Siladeth Pornpan Namta Yada Sawangpaew*

Abstract

This cross-sectional descriptive study regarding health literacy for policy driving of taking care of COVID-19 patients in home and community isolation that translated into staffs and related officials' operation in the health region 7 determined factors of individuals and health literacy influencing policy driving of taking care of COVID-19 patients in home and community isolation. The population and samples were the networks of operating staffs and related officials that were selected purposively from each 77 districts. The samples of 65 who could respond to the online questionnaires collection during April to May of 2023. This was along with an in-depth phone-interview seven most responsive samples. The tool was verified by three experts with the IOC of 0.66 and reliability of 0.95. The data were then quantitatively reported as frequency, percentage, mean, SD and spearman correlation coefficient was analyzed to test the correlation. Also, qualitative data were descriptively represented.

The results found the factors of individual as follows: female (78.5%); aged 51-60 years old (41.5%); earned bachelor's degree (63.1%); a civil servant (89.2%); no underlying health conditions (93.8%); the first COVID-19 infection (38.5%). In addition, factors of health literacy for policy driving of taking care of COVID-19 patients in home and community isolation revealed as follows: access and cognitive skill with the mean of 4.07 (SD = 0.761) falling in a high level; policy literacy with the mean of 4.18 (SD = 0.779) falling in a high level; communication skill with mean of 4.00 (SD = 0.742) falling in a high level; decision skill with the mean of 4.14 (SD = 0.743) falling in a high level; behavior of policy driving of taking care of COVID-19 patients with mean of 4.30 (SD = 0.613) falling in a high level. The factors of health

literacy for policy driving of taking care of COVID-19 patients in home and community isolation were also found correlated with the policy driving of taking care of COVID-19 patients in home and community isolation at 0.001 significant level. This study proposed suggestions to promote operating staff to be more able to make a decision regarding the policy of taking care COVID-19 patients in home and community isolation as to help the patients with mild symptom to self-care at home. This is due to congestion of severe patients in the health facilities. The patients with mild symptoms could rest and be taken care of at designated home and community with determined period of time. The patients, thus could participate in self-care and be responsible for the community. Also, it could reduce congestion in the health facilities and medical staffs shortage.

Keyword: health literacy, policy driving, home and community isolation for COVID-19 patients

DOI : 10.30226/AHLA.202407.0038

The role of e-health and health literacy in shaping the opinions about the usability of national patient portal

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INTRODUCTION : The role of the-health environment in the delivery of healthcare services increased significantly during the pandemic. In Poland, the use of remote visits provided by telephone and, more rarely, via videoconferencing systems increased threefold after the beginning of the COVID-19 pandemic. The level of e-health literacy (eHL) but also of health literacy (HL) of citizens were indicated as determinants of the acceptance and utilization of digital services in healthcare.

OBJECTIVES : This study's main aim was to assess how eHL and HL interplay with socio-demographic factors in society's opinions about the usability of the Internet Patient Account (IPA), a national patient portal developed under the auspices of the Polish Ministry of Health.

METHODS : This analysis is based on the data from the computer-assisted web-based interviewing survey carried out in a representative sample of 1661 adult Internet users in June 2023. The System Usability Scale (SUS) was applied to assess the usability of IPA available for every citizen in Poland, providing a whole cluster of healthcare-related functionalities, e.g., the update on health insurance status, the review of delivered services, or the registration to primary care physicians. The determinants of the usability expressed as SUS score were analyzed with a multivariable linear regression model.

RESULTS :

The women made up 52.9% (n=879), respondents with a University level of education 30.5% (n=508), residents of rural areas 38.2% (n=634), and of urban areas with a

population above 500,000 – 12.3% (n=205). 64.3% (n=1068) of respondents in the study group were IPA users. The mean age of the respondents was 46.1 (standard deviation (SD)=15.0), the mean eHL was 29.3 (SD=4.7), and the SUS score was 68.1% (SD=17.0). The respondents with inadequate HL made up 4.6% (n=76), with sufficient 47.0% (n=780), and with undetermined 25.9% (n=431).

SUS score was significantly associated only with eHL, HL, and the intensity of Internet and social media use. Respondents with greater eHL were more likely to assess IPA usability positively (B, 95% confidence interval (95%CI): 0.82, 0.56 – 1.08). Those with inadequate HL provided lower SUS scores than those with sufficient HL (B, 95%CI: -7.64, -13.39 - -1.89). Persons using the Internet the least frequently believed the IPA usability is significantly lower than the most frequent Internet users (B, 95%CI: -4.27, -7.5 - -1.03). Interestingly, persons spending more time on social media were more likely to assess the IPA usability less favorably than those devoting less time to SM (B, 95%CI: -3.21, -6.27 - -0.15).

None of the sociodemographic variables was significantly associated with the perception of usability of IPA. There was no significant relationship between the presence of chronic diseases or disability and the SUS score either.

CONCLUSION : The main factors influencing the assessment of the usability of digital services in healthcare include e-health and health literacy, as well as general use of the Internet and social media. Socio-demographic characteristics do not significantly influence the perception of the usability of popular e-health tools.

KEYWORDS : e-health; Internet Patient Account; national patient portal; e-health literacy; health literacy; Internet use;

DOI : 10.30226/AHLA.202407.0039

Effects of the youth health literacy development program on behavior change to prevent unintended pregnancy problems, Health District 7

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INTRODUCTION: Teenage pregnancy is a major problem all over the world. The United Nations has set reducing the fertility rate of girls aged 15-19 as one of the Millennium Development Goals and sustainable development goals, and achieved this goal before 2010. Doctor in 2030 (United Nations Population Fund, 2562), teenage pregnancy in Thailand. In 2021, the doctor found that the fertility rate of women aged 10-14 was 0.9, and the live birth rate per thousand women aged 15-19 was 24. The percentage of pregnant women under the age of 4 and 20 per thousand is 14. This is also higher than the set target value (Reproductive Health Bureau, 2565). According to the data of the World Health Organization, 94% of maternal deaths occur in low-and middle-income countries, and the risk groups of complications and pregnancy deaths are girls aged 10 to 14, more than other age groups. Thailand's Ministry of Health implements solutions among adolescent groups according to the National Strategic Plan for the Prevention and Solution of Adolescent Pregnancy. From 2017 to 2026, the doctor asked public service institutions to operate under the standards of adolescent and youth-friendly health services (YFHS), focusing on providing services to adolescents and youth groups aged 10-19, enabling them to implement family planning, reduce unavailable pregnancies and repeated pregnancies, provide preventive care, assist in referral and control infectious diseases (Reproductive Health Bureau, Ministry of Health, 2563).

The 7th Health Center requires to play a leading role in the area under the responsibility of the 7th Health Zone, develop adolescent health promotion groups, and carry out comprehensive care and promotion of adolescent health and reproductive health. Its main activities are to develop systems, promote adolescents' access to adolescent health and reproductive health care services, encourage adolescents to understand the health

care knowledge of preventing early pregnancy, fully involve all departments, monitor the adolescent pregnancy prevention and treatment system at the regional level, comply with the standards of reproductive health zones, and organize adolescent-friendly health care services (YFHS) (Reproductive Health Bureau, No.21) 0. In order to promote the mastery of skills, through the systematic review of foreign literature, the health awareness of sex education and female sex service recipients was studied, and it was found that health awareness was related to sex education and affected the health behavior of sex service recipients (Kilfoyle,2016); This paper studies the influence of digital awareness promotion program on adolescent sexual behavior, and finds that participants can effectively analyze, evaluate and make decisions on safe sex. In Thailand, a study on sex education aimed at preventing high school students from getting pregnant was carried out. The results showed that due to the lack of adequate sex education, the samples found to terminate unsafe pregnancy for various reasons had moderate knowledge. Prevent and solve the problem of teenage pregnancy. In 2016, improper contraceptive measures, lack of access to medical services and networks, inability to terminate pregnancy safely, and timely access to information and media have caused abortion and health problems among adolescents. Subsequently, through the investigation of reproductive health awareness of rights-based service groups for adolescents in Paye province, it was found that the most needed services for adolescents include: ensuring that secrets are not revealed to unrelated people, providing appropriate procedural care and family personal participation (Delster Walter et al., 2562). Therefore, it is necessary to promote teenagers' health awareness and change their behaviors to prevent the problem of unintended pregnancy. Therefore, researchers aim to develop knowledge circulation.

OBJECTIVES : Study on the effect of adolescent health awareness development plan on preventing unintended pregnancy behavior in the seventh health district

METHODS : This study is a quasi-experimental research. (Quasi-experimental research) to study the results of the program for developing youth health literacy on behavior change to prevent unintended pregnancy problems in Health District 7 by randomly selecting schools in Health District 7, all 4 provinces including Khon Kaen

Province. Roi Et Province Kalasin Province and Maha Sarakham Province By randomly selecting an experimental group of 1 province. Once the province to be experimented is obtained, then randomly selecting 1 school within that province is simple. The sample group is Adolescents between the ages of 15-19 years were divided into an experimental group and a comparison group, 80 people in each group. The experimental group received a program to develop adolescent health literacy regarding behavior modification to prevent unintended pregnancy problems, namely entering the base. There are 4 bases of learning, including base 1: the rights of teenagers according to The Prevention and Resolution of Adolescent Pregnancy Problems Act, 2016, base 2 is appropriate birth control, base 3 is access to medical services and referral networks for safe termination of pregnancy, and base 4 is receiving Information and media literacy from the researcher for a period of 1 day and followed up on behavior in preventing unplanned pregnancy after receiving the 12-week program. The comparison group received sexual education and life skills according to the teaching model of the university. school as usual Data were collected using questionnaires before and after the experiment. Data were analyzed to compare differences in mean scores within and between the experimental and comparison groups using Paired t-test and Independent t-test statistics.

RESULTS : Research has found that the knowledge required by the 2016 Prevention and Resolution of Adolescent Pregnancy Law When comparing the average scores within the group after the experiment, based on The Prevention and Resolution of Adolescent Pregnancy Law B.E.2559 (2016) 1. The knowledge and rights stipulated in this law are different from those before and after the trial. (meandiff: 2.7, $p < 0.001$), and comparison group(meandiff: 1.3, $p < 0.001$) 2. Access to health information to prevent premature pregnancy Different from before the experiment and after the experiment(meandiff: 3.2, $p < 0.001$), and comparison group(meandiff: 1.23, $p < 0.001$) 3. Access to medical services and referral networks for safe pregnancy termination in Health District 7 are different from before the experiment and after the experiment (meandiff: 7.2, $p < 0.001$) and comparison group(meandiff: 2.9, $p < 0.001$) 4. The aspect of receiving information and media literacy is different from before the experiment and

after the experiment(meandiff: 9.1, $p < 0.001$) and comparison group(meandiff: 3.1, $p < 0.001$) 5. The decision-making skills of preventing unintended pregnancy are different from those before and after the experiment(meandiff: 6.5, $p < 0.001$) and comparison group(meandiff: 1.9, $p < 0.001$) 6. Behavior in preventing premature pregnancy is different from before the experiment and after the experiment and comparison group (meandiff: 10.0, $p < 0.001$) and comparison group(meandiff: 5.0, $p < 0.001$) After receiving a 12 week plan, the experimental group had an average score of behaviors to prevent pregnancy. The experimental group is not yet prepared for the prevention of pregnancy behavior. (meandiff: 8.2, $p < 0.001$) and comparison group(meandiff: 4.5, $p < 0.001$) 2. Sexual risk behavior is different from the experimental group(meandiff: 6.4, $p < 0.001$) and comparison group(meandiff: 4.4, $p < 0.001$)

CONCLUSION : Effects of the program for developing youth health literacy on behavior change to prevent unintended pregnancy problems in Health District 7 before participating in the program It was found that the experimental group had a correct knowledge score regarding knowing their rights under the Act on Prevention and Resolution of Adolescent Pregnancy Problems similar to the comparison group. But after participating in the program, it was found that the experimental group's average score increased significantly at the $p < 0.005$ in every aspect, including knowing the rights of teenagers according to Prevention and Solution of Adolescent Pregnancy Problems Act of 2016. Appropriate birth control. Access to medical services and referral networks for safe pregnancy termination, receiving information and being media literate. Decision-making skills to prevent unplanned pregnancy Behaviors to prevent unplanned pregnancy Demonstrates that knowledge has been developed from the program. There are modifications, especially data access, which is the first thing that needs to be done first. Makes it possible to receive sufficient information by program participants. You can search for useful resources regarding rights that you should receive according to the Act on Prevention and Solving Problems of Adolescents in Reproductive Health. You can search for information and knowledge. Know where to access the youth clinic. and know public relations media or provide knowledge that is easy to understand and complete according to the needs of teenagers and young

people To take advantage of health care in accordance with the concept of health literacy. In addition, in this program, the concept and theory of health awareness are adopted, activities are designed in learning units, and teenagers' health awareness is improved by improving their abilities, skills and knowledge, and changing their behaviors, so as to prevent the problem of unintended pregnancy. In four bases, namely Base 1, teenagers' voluntary rights. Prevent and solve the problem of teenage pregnancy. Doctor in 2012, the 2nd base, proper contraceptive measures; The third base, access to medical services and networks, forwarding safe termination of pregnancy; The 4th base, which is in line with Sorensen's (2012) vision, is divided into four aspects: 1) Information acquisition, that is, the ability to search knowledge through Internet channels, health-related websites and the ability to understand adolescent health risk factors; 2) Information understanding, that is, the ability of service providers to understand the information that can be retrieved or described from beneficial medical care; 3) Information evaluation, that is, the ability to translate and evaluate information or factors beneficial to health care. Decision making skills, media literacy, and health knowledge levels are divided into three levels: 1) Basic levels are as follows: 2) Interaction level: communication, self-management, and 3) judgment Media Literacy and Decision Making (Nutbeam, 2009) and Ministry of Health (2013) Health knowledge is divided into six aspects: 1) cognition, 2) information acquisition, health, and service, and 3) communication skills. 4) Self management 5) Media literacy 6) Decision making skills (National Center for Health Statistics, 2010) and compliance with procedures. Changing behavior through health knowledge (V-Shape) is defined as 6 levels, including access, understanding, questioning, and evaluation. Decision, deployment, and sharing (Wachira Pengchan, 2017). Participation in this program is a focus on individual performance Ability is knowledge, information, and facts.

KEYWORDS : Health literacy, teenagers, unplanned pregnancy

DOI : 10.30226/AHLA.202407.0040

Predictive factors for acceptance behaviors of the caregivers of psychiatric patients admitted in Suansaranrom Hospital, Surat Thani Province

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Abstract

This predictive correlation studied report had the objectives to study acceptance behavior of the caregivers of psychiatric patients admitted in Suansaranrom Hospital as well as to determine the predictive factors of these caregivers' acceptance behavior. The studied samples were 132 persons, who were caregivers of all groups of the psychiatric patients admitted as inpatients in the hospital. Data collection was carried out during December 2023 to January 2024. Study tools for data collection were developed and tested with validity and reliability values. They consisted of questionnaire for general information, an assessment form for acceptance behavior of psychiatric patients' care, an assessment form for family functional, and assessment forms of patient care burden and psychiatric services accessing. The tested of confidence of Kronbach's alpha coefficient was 0.83. General data and data of acceptance behavior of caregivers of psychiatric patients were analyzed with descriptive statistics. The predictive factors for acceptance behavior of the caregivers of psychiatric patients analysis used multinomial logistic regression statistics with chi-squared tests and binary logistic regression.

The studied results were summarized as follows:

1. The score of psychiatric patient care acceptance behavior was found to be high ($x = 4.14$, S.D. = 0.54). The family functional score was moderate ($x = 3.66$, S.D. = 0.43) as well as the score of patient care burden was also moderate ($x = 3.04$, S.D. = 0.90). However, the score of psychiatric services accessing was observed to be high ($x = 4.07$, S.D. = 0.62)

2. For factors correlated with psychiatric patient care acceptance behavior were determined to be mental symptoms ($\chi^2 = 8.898$, $p = .012$), family functional ($\chi^2 = 7.675$, $p = .008$) and psychiatric services accessing ($\chi^2 = 17.063$, $p = .000$). It was also found

that there was only one factor significantly (at the level of 0.05) influencing with the high level of acceptance behavior of psychiatric patient care was psychiatric services accessing.

This study illustrated that the factors of mental symptoms, family functional and psychiatric services accessing affected the acceptance behavior of the caregivers of psychiatric patients admitted in Suansaranrom Hospital. Therefore, it should provide care and support for such factors related to psychiatric patients and their caregivers to be ready according to the social work process, in order to helping the psychiatric patients could be accepted further for care by their caregivers.

Keywords: acceptance behavior of psychiatric patients care; caregivers; psychiatric patients

DOI : 10.30226/AHLA.202407.0041

Physicians' literacy in face of the international classification of diseases technological transition: from ICD-10 to ICD-11

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INTRODUCTION : The International Classification of Diseases and Related Health Problems (ICD) allows for the systematic recording, analysis, interpretation and comparison of mortality and morbidity data. It is employed by 115 countries, for all general epidemiological purposes and many health management purposes. In 2020, the ICD gained its new version, the ICD-11, which brings 7 new categories of health conditions and many technological changes available on its official digital platform. Therefore, many countries have already started the technological transition to this new version.

OBJECTIVES : The study aimed to analyze the literacy of physicians about ICD, observing how they use ICD, where they seek information about ICD, and whether they received training for using ICD.

METHODS : The study was carried out in a Brazilian tertiary hospital that is part of the Unified Health System, through research with anonymous participants, that is, no data was collected that could identify the participants. Invitation to participate in the research was announced via institutional email. Data were collected in the second semester of 2023 via Google Forms and analyzed using descriptive statistics via R software. Brazilian legislation for research with anonymous participants was followed.

RESULTS : This study had the participation of 832 physicians, 54% female, 83.7% white, 68.7% up to 40 years of age, 99.9% Brazilian. Only 1.7% claimed to have no

knowledge about ICD. 89.7% claimed to have used ICD many times; 72.5% claimed to have never received any training on ICD. About how they obtain information about ICD, 83.3% usually use Google; 16% use the hospital computerized system and only 2.8% claimed to consult the official ICD website. As barriers for the use of ICD, 23.6% mentioned lack of knowledge, 23% the absence of an electronic system, 13.2% lack of interest on the part of the professionals themselves and 12.7% mentioned lack of time. As facilitators for the use of ICD, 35.7% mentioned the possibility of recovering the patient's previous diagnoses, 25.5% mentioned structuring the fields in the patient's electronic record, and 18.9% mentioned having training. Regarding the differences between ICD-10 and ICD-11, 54% claim to be unaware of the differences and only 13.2% have studied or taken a course on the subject.

CONCLUSION : There was a gap in the literacy of medical professionals in the studied hospital regarding the use of ICD, especially with regard to specific training and consultation of ICD official sources. Currently, Brazil is in the process of translating ICD-11 into Portuguese. However, for the technological transition from ICD-10 to ICD-11 to occur, greater investment in training medical professionals and in the development of electronic systems that facilitate consultation of official ICD-11 codes and explanations is necessary.

KEYWORDS : Physicians, Literacy, International Classification of Diseases, Technological transition, Brazil.

DOI : 10.30226/AHLA.202407.0042

Biomedical informatics literacy: multiple strategies for preparing new generations

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INTRODUCTION : Biomedical informatics is a scientific field that involves health care, information and communication technologies, as well as the human dimensions of using such technologies. In many countries, biomedical informatics comprises bioinformatics, digital health, including technologies for health promotion, prevention and assistance, and application of technologies for health education. Therefore, it is essential to educate new generations so that they understand how biomedical informatics can help them have better health. Likewise, it is important that they know that biomedical informatics is expanding as a scientific field and job market.

OBJECTIVES : This work aims to describe the *Biomedical Informatics Connection* project, created in December 2022, at Ribeirao Preto Medical School, University of Sao Paulo, Brazil, to encourage more people, especially, high school students and teachers, to have contact with biomedical informatics field, its disciplines, applications and job market.

METHODS : To develop the *Biomedical Informatics Connection* project, an empirical approach was used and involved teachers, researchers and students of the Undergraduate Course in Biomedical Informatics from University of São Paulo. In January 2023, an initial diagnosis was carried out to understand how the field of biomedical informatics was being disseminated to society. After an extensive analysis of publicity materials, it was concluded that much information about the field was scattered, and that it would be necessary to adapt communication and access to content for the general public, especially high school students and teachers. Thus, multiple outreach approaches were applicable to get closer to this target audience. Initially, a visual identity was created for the project, as well as basic content that could be

disseminated to the general public in simple language. From the creation of the project's visual identity and formation of the work team, it was possible to: receive visiting high school students and teachers in the University environment; produce content to be disseminated on social networks and digital platforms; visits were made to pre-university courses in the city; University students and faculty participated in career fairs; lectures on biomedical informatics and serious games applied to the health context were performed in public libraries in the region. Furthermore, biomedical informatics companies were visited so that undergraduate students could better understand the potential job market to be promoted to target audience.

RESULTS : In 2023, the *Biomedical Informatics Connection* project came into face-to-face contact with more than 3,000 people, including students, entrance exams, parents, teachers and the general population. In the same year, it was observed that the candidate/place ratio in the entrance exam for the Undergraduate Course in Biomedical Informatics increased by 29%.

CONCLUSION : The *Biomedical Informatics Connection* project has promoted health technology literacy, involving undergraduate students trained to bring knowledge to the general public, especially high school students and teachers. Therefore, in 2024, in addition to the activities already listed, we intend to bring more content to the mass media (TV, radio and newspapers in the region) so that the dissemination of the field of biomedical informatics continues to advance.

KEYWORDS : Biomedical informatics, Health literacy, High school students, Teachers.

DOI : 10.30226/AHLA.202407.0043

The association between health literacy and behaviors of preventions and control of coronavirus disease 2019 among people in health region 4

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Coronavirus disease 2019 (COVID-19), the disease caused by the novel severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) The COVID-19 pandemic has forced people to limit their activities to prevent the spread of the virus. The purpose of this study was to investigate the relationship between health literacy and disease prevention and control behaviors. Perception of information, knowledge, and understanding of the coronavirus disease (COVID-19) of the people in Health District 4. Samples consisted of 400 people aged 18 and over and were enquired using a tested questionnaire with content validity and reliability of 0.907 and 0.814, respectively. The data were analyzed using descriptive statistics and Pearson's product-moment correlation. The results of the study found that Most people are more female than male, 66.50 percent and 32.50 percent. The average age is 44.93 years. The oldest age group is 27.3 percent between 46-60 years old, 25.3 percent is 60 years old and over, with an average score of disease information awareness. Infected with the coronavirus at a high level (Mean = 3.77, SD =1.20), 59.8 percent. The source of news awareness was at a moderate level (Mean = 3.39, SD =0.84), received from village health volunteers (A. Som.) 73.00 percent, followed by the internet such as websites, Facebook, Line, Twitter, Instagram, YouTube, and television/cable TV. Accounting for 70.8% and 67.5% respectively regarding satisfaction with information. is at a very satisfied level (Mean = 4.18, SD =0.68) and knowledge has a positive linear relationship at a high level Statistically significant at the .05 level and health literacy is related to behavior to prevent coronavirus disease (COVID-19). Statistically significant at a low level. 377, .384, .308. Testing the relationship between factors and health knowledge in disease prevention and control, disease prevention behavior, and health hazards It was found that there was an association between factors related to health literacy and disease

prevention and control among the people (n = 400). Source of information on disease and health hazards. Perceptions of information about disease and health hazards have a relationship with Health literacy in disease prevention and control is statistically significant at a significance level of 0.05, a moderate level (.486, .491). Overall behavior for prevention and control of coronavirus disease in 2019 found that most of the sample group had health literacy scores at the adequate level of 51.0 percent, followed by problematic, insufficient, and excellent levels equal to 28.0, 12.8, and 8.3, respectively. The sample group had a mean health literacy of 3.90, a standard deviation of 0.64, at the level of having problems. The study findings suggest there are strong factors that correlate with behaviors to prevent the transmission of SARS-CoV-2. Most people are knowledgeable about health. at a sufficient level. Key informants demonstrate the ability to access, understand, and make informed decisions about health information, which is very good. But some key contributors show that there are still problems with questioning. and decision-making regarding health information, differences between personal factors, and knowledge about diseases and health hazards. It was found that different genders, ages, educational levels, occupations, and incomes resulted in different levels of knowledge about diseases and health hazards. Health hazards at a significance level of 0.05. Results from this study Can be used to plan risk communication and systematically develop public health behavior. Including planning to develop a public relations communication system. To enhance awareness of information, knowledge, and health literacy. public health behavior in Health District 4 to continue to be effective.

KEYWORDS : Health Literacy , COVID-19 , Behavior Prevention and Control

DOI : 10.30226/AHLA.202407.0044

Relationship between mental health literacy and help-seeking intention among health students

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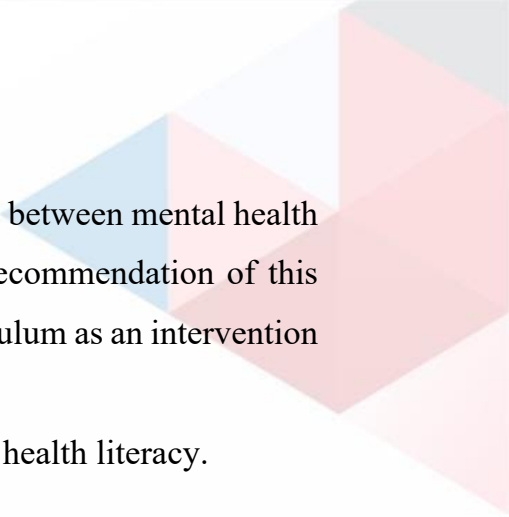
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INTRODUCTION : Mental health is one of the most important health aspects of human life. Poor mental health affects well-being, ability to work, and social relationships between friends, family, and community. The prevalence of mental health problems is also increasing every year and globally rank 7th out of 10 diseases that are a global burden. Mental health literacy can serve as a critical basis in attempts to prevent chronic mental diseases.

OBJECTIVES : This study aims to identify the picture of mental health literacy among health students and its relationship with help-seeking intentions.

METHODS : This research utilised a quantitative approach with a *cross-sectional design*. The population were health students enrolled in Nursing, Midwifery and Pharmacy programs at the Ministry of Health Health Polytechnic (Bandung, Palembang, Papua) with a sample of 399 students (n=399). The instruments used were *Mental Health Literacy Scale for Young Adults* and *General Help-seeking Questionare* which were filled in through an online form.

RESULTS : Descriptive analysis show that mental health literacy is moderate category (74.4%) and help seeking intention is moderate category (62.7%) as well. The relationship tested by *chi-square* shows that there is a significant correlation between mental health literacy and help-seeking intentions $p\text{-value}=0.00$ ($0.00 < 0.05$).



CONCLUSION : Our study revealed that there is a relationship between mental health literacy and help-seeking intentions among health students. Recommendation of this study is to include mental health learning integrated in the curriculum as an intervention to improve mental health literacy among health students.

KEYWORDS : health students, help-seeking intention, mental health literacy.

DOI : 10.30226/AHLA.202407.0045

A model for developing lifestyle medicine with health literacy to drive the organization towards a healthy city in Roi Et province.

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INTRODUCTION : NCDs are the world's number one problem and also cause 71 percent of the world's total deaths. Each year, up to 15 million people die from NCDs aged 30-69, which is premature death. Millions of these are premature deaths. Millions of people cause a loss of well-being and severely affect economic and social development. According to the 2019 Thai public health check-up, 14 million people (25.4%) have high blood pressure, and almost half do not know they are sick (48.8%). Therefore, improving the quality of services is important in the care and management of non-communicable diseases in good, at-risk, and sick populations to have access to health services. Health promotion by reducing risk factors for chronic non-communicable diseases is to create health literacy so that people can access services, understand, make decisions, use information, and provide health services from medical personnel that are in line with the lifestyle of service recipients. The Department of Health has a mission to promote public health and focus on providing people with knowledge and skills to take care of themselves. To promote universal health for Thai people, the project has been developed to promote health with the principles of lifestyle medicine using the principles of health literacy in the drive.

OBJECTIVE : To create a model for developing lifestyle medicine with health literacy to drive the organization towards a healthy city in Roi Et province.

METHOD : Memorandum of Understanding on the Healthy City with Lifestyle Medicine Project, which has partners in the driving network including the Department of Health, Health Center 7, Khon Kaen, Roi Et Hospital, Roi Et Municipality, Roi Et Rajabhat University.

RESULT : The lifestyle medicine development model has been implemented in the network, with HL integrated with the principles of lifestyle medicine.

CONCLUSION : Driving a well-rounded organization of health and lifestyle medicine towards a healthy city in Roi Et province by entering into MOUs with relevant agencies is considered successful because it can achieve the specified indicators of both health literate organization and lifestyle medicine clinic, as well as packaging them as university courses.

Keywords HL, HLO, Lifestyle medicine