

Study of health literacy components of citizens of Mashhad based on health-oriented approach

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Abstract

The ability to obtain, analyze, and understand the health information a person needs to participate in their health issues and make the right decisions is defined as health literacy. The purpose of this article was to evaluate the status of health literacy and its components in Mashhad. Cockerham's health-oriented theoretical foundations, influenced by opportunities and choices in life, have been used to promote health literacy. A quantitative approach, a descriptive survey strategy, has been used among citizens over 18 years of age in urban areas of Mashhad. Based on the Cochran's formula, 800 people were collected based on a sampling method appropriate to the size of each region, based on a standardized Iranian literacy questionnaire. Cronbach's alpha of the questionnaire was 0.921, strongly obtained. The results showed that in terms of gender, the respondents were almost equal. The average age of the respondents was 31/37 years. The mean status of functional, communicative, and interactive primary and critical health literacy components was important. Comparing the mean of educational groups, age, and urban areas with the studied variables and components have been rising to the average. The results of Friedman test indicate that the components of functional, basic, communication-interactive and critical literacy with the highest average and with a chi-square value of 120.059 have been obtained at an error level of less than 0.05, which is statistically reliable. 0.95 Mean of components, there is a significant difference in the health-oriented lifestyle of the respondents. Finally, health literacy as a cognitive component and influenced by choices and situations in life leads to increased quality of life, promotion of a healthy lifestyle, reduction of health risks, and self-care skills.

Keywords: Health-oriented style, Health literacy, Citizens, Mashhad

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