

The Relationship Between Mental Health Literacy, Overall Adaptation and Mental Health of University Freshers [Letter]

Vernando Yanry Lameky 

Department of Nursing, Universitas Kristen Indonesia Maluku, Ambon, Maluku, Indonesia

Correspondence: Vernando Yanry Lameky, Department of Nursing, Universitas Kristen Indonesia Maluku, Jl. Ot pattimaipauw, Ambon, Maluku, Indonesia, Email vernandoyanrylameky@gmail.com

Dear editor

I have read a research article entitled “The Relationship Between Mental Health Literacy, Overall Adaptation and Mental Health of University Freshers” by Song et al.¹ I congratulate the authors on this successful article and make some contributions. There are three strengths of this study: 1) This research provides valuable insight into the relationship between mental health literacy (MHL) and mental health (MH) among first-year college students, highlighting how improving MHL can lead to better MH outcomes. 2) This research shows the importance of tailored mental health education programs and counselling services to improve overall adaptation and MH among first-year college students. 3) This research can provide input for university policies and practices aimed at improving new students’ mental health and adaptation, potentially resulting in better academic and personal outcomes.

However, I identified two limitations of this study that need to be addressed in future research: 1) Reliance on self-provided information can create a tendency toward social desirability and does not always accurately reflect true psychological problems. To overcome this challenge, it is recommended that the diagnosis be made through a professional interview to ensure accuracy and depth of understanding of the psychological condition being faced.^{2,3} 2) This study implemented a cross-sectional research design, which has limitations in establishing cause-and-effect relationships between variables and does not reflect changes in mental health literacy (MHL) and mental health (MH) over time. To overcome this challenge, it is recommended that future research adopt a longitudinal design. With this approach, data can be collected at multiple points, providing a more comprehensive understanding of the dynamic relationships between variables and enabling analysis of the development of mental health literacy and mental health over time.⁴

Overall, this study offers a comprehensive view of factors influencing mental health among first-year college students and provides a foundation for developing targeted interventions, educational programs, and further research.

Disclosure

The author reports no conflicts of interest in this communication.

References

1. Song J, Feng K, Zhang D, Wang S, Wang W, Li Y. The relationship between mental health literacy, overall adaptation and mental health of university freshers. *Psychol Res Behav Manag*. 2023;4935–4947. doi:10.2147/PRBM.S437718
2. Korst LM, Fridman M, Saeb S, Greene N, Fink A, Gregory KD. The development of a conceptual framework and preliminary item bank for childbirth-specific patient-reported outcome measures. *Health Serv Res*. 2018;53(5):3373–3399. doi:10.1111/1475-6773.12856
3. Lameky VY. Response to: comparing online and face-to-face performance in scientific courses: a retrospective comparative gender study of year-1 students. *Adv Med Educ Pract*. 2023;1191–1192. doi:10.2147/AMEPS444799
4. Guo C, Cui Y, Xia Z, et al. Association between health literacy, depressive symptoms, and suicide-related outcomes in adolescents: a longitudinal study. *J Affect Disord*. 2023;327:15–22. doi:10.1016/j.jad.2023.01.054

Dove Medical Press encourages responsible, free and frank academic debate. The content of the Psychology Research and Behavior Management 'letters to the editor' section does not necessarily represent the views of Dove Medical Press, its officers, agents, employees, related entities or the Psychology Research and Behavior Management editors. While all reasonable steps have been taken to confirm the content of each letter, Dove Medical Press accepts no liability in respect of the content of any letter, nor is it responsible for the content and accuracy of any letter to the editor.

Psychology Research and Behavior Management

Dovepress

Publish your work in this journal

Psychology Research and Behavior Management is an international, peer-reviewed, open access journal focusing on the science of psychology and its application in behavior management to develop improved outcomes in the clinical, educational, sports and business arenas. Specific topics covered in the journal include: Neuroscience, memory and decision making; Behavior modification and management; Clinical applications; Business and sports performance management; Social and developmental studies; Animal studies. The manuscript management system is completely online and includes a very quick and fair peer-review system, which is all easy to use. Visit <http://www.dovepress.com/testimonials.php> to read real quotes from published authors.

Submit your manuscript here: <https://www.dovepress.com/psychology-research-and-behavior-management-journal>

<https://doi.org/10.2147/PRBM.S454768>