

# Association between health literacy with stress, anxiety and depression in multiple sclerosis patients: A cross sectional analytical study

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## Abstract

**Objective:** Multiple sclerosis is one of the diseases of the central nervous system, which causes numerous physical and mental problems. Since stress, anxiety and depression are effective in various dimensions of chronic diseases management and considering that health literacy plays a decisive role in the quality of life of these patients. Therefore, this study was conducted with the aim of determining the association between health literacy and stress, anxiety and depression.

**Materials and methods:** The current research is a cross-sectional analytical study that was conducted with the participation of 164 patient's from the MS society of Jahrom city with convenience sampling. The data collection tool was the health literacy questionnaire of multiple sclerosis patients and a 21-question stress, anxiety and depression questionnaire. SPSS - 21 software, descriptive statistics and spearman and chi-square tests were used to analyze the data.

**Results:** The findings showed that the majority of patients had a borderline health literacy (53.7%). 43.3% of patients had adequate level of health literacy. Also, the findings showed that the stress, anxiety and depression levels of the majority of patients were moderate. Spearman's test showed that there is a negative and significant correlation between health literacy and stress in multiple sclerosis patients ( $p=0.03$ ) ( $r=-0.37$ ). While there was no significant correlation between health literacy and anxiety and depression of patients.

**Conclusion:** The findings showed that with the increase in the health literacy, the rate of stress in patient's decreases.

**Keywords:** Anxiety, Depression Multiple sclerosis, Health literacy, Stress.