

Health Literacy and its Relationship to Cancer Screening Behaviors among the Personnel of Guilan University of Medical Sciences

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Abstract

Background: The decisions and actions which people make about their lifestyle behavior are effected by their level of health literacy. Low health literacy was associated with limited knowledge about cancer screening and lack of desire to do it. This study aimed to determine the status of health literacy and its relationship to cancer screening behaviors among office personnel of Guilan University of Medical Sciences.

Methods: In this cross-sectional study, 186 office personnel of Guilan University of Medical Sciences were selected. Data were collected by using a questionnaire consisted of three parts; demographic, cancer screening behavior and health literacy (HELI).data were analyzed with descriptive and inferential statistics by SPSS 20.0.

Results: The majority of personnel was female (63.3%) and married (82.2%). 57% of participants had good health literacy and 43% of them had moderate health literacy. Significant statistical relationships between health literacy and education level ($p=0.03$), insurance coverage ($p=0.04$) and history of Pap testing ($p=0.02$) were seen.

Conclusions: According to the results, the health literacy level of office personnel of Guilan University of medical sciences was good and moderate and personnel with a higher education level and covered by supplemental insurance had higher health literacy. Moreover, women with good health literacy had screening Pap test more than others. To inform personnel with cancer screening tests by efficient workshops and health promotion programs, can be an effective step in promoting health literacy of people.

Keywords: Health Literacy; Early Detection of Cancer; Papanicolaou Test