

AXIOLOGICAL SKILLS AND MENTAL HEALTH

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Introduction: As stated by the WHO¹, the implementation of mental health promotions' (MHP) educational programmes is essential for the success of the aims of MHP and prevention of mental disorders. However, the evidence of effectiveness of MHP programmes is limited. The aim of the present study is to investigate the effect of four MHP educational programmes on the promotion of the participants' self-assessed mental health and on the promotion of their axiological skills.

Methods: Respondents were 338 participants who completed the General Health Questionnaire (GHQ-28)² and the Dysfunctional Preconception Questionnaire (DPQ)³ at the first and the last session of the training course of each programme. They were health professionals and key community agents. These programmes had been implemented in Athens, from 2003 until 2009, and took place in the Amphitheatre of Eginition Hospital. The total of hours of training courses was approximately the same for all programmes (from 108 to 120 hours), with the exception of the first (176 hours) in the series of programmes, which was a pilot programme.

Results: Females were the 71% of the sample whereas the 29% were males. Their mean age was 39.26. The mean scores of the GHQ were significantly improved at the end of training courses ($p < 0.001$). Furthermore, the mean scores of the DPQ were significantly improved at the end of training courses ($p < 0.001$).

Conclusions: The results of the present study provide evidence for the effectiveness of the particular educational MHP programmes, so it would be useful to further explore the correlation between the development of axiological skills and the improvement of mental health.

References:

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