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## Explore mental health literacy of primary health care staff in Macau

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Macau is a city with development of the gaming industry. The concern of the residents' psychological health problems, the promotion of mental health literacy, early cognition and early intervention can prevent and reduce the stigma associated with mental illness. Primary health care staff arranges elderly health and life style. By accessing mental health problems of elderly, the mental health literacy of primary health care staff will be enhanced. Primary health care staff will be able to manage mental health problems, familiarize with elderly management and the provision of treatment programs. This study is a qualitative research design used to explore Macau primary health care staffs' mental health literacy level. Self-report questionnaires are used to assess the mental health literacy of Macau primary health care staffs'. No studies have been conducted on the mental health literacy of Macau primary health care staffs' in Asia till date. In the training of Macau primary health care staffs, the understanding of primary health care staffs' mental health literacy is still very lacking, in addition, the understanding their pressure, self-seeking knowledge and belief of the elderly need to be developed. This study explores the mental health literacy-oriented differences, arranges primary health care staff to participate in Mental Health Literacy Scale questionnaire and gains an understanding of the mental health status of them.

### Biography

Ka Wa Mio is a Lecturer, Registered Nurse (RN), a Doctoral candidate of the Macau University of Science and Technology. She has completed her Master's degree from Monash University in Faculty of Medicine, Nursing & Health Sciences and Bachelor's degrees from Taiwan National Yang Ming University in Nursing and University of Macao in Education. She was a Clinical Nurse and School Nurse. Currently, she is a Lecturer of Macao Polytechnic Institute, focusing on health promotion and her research field is mental health literacy. She has published a paper in reputed journals and she is a Member of Sigma Theta Tau International, the Honor Society of Nursing.

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