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**Relationship between self-efficacy and mental health in nursing university students in University A**

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This study aimed to clarify the relationship between self-efficacy and mental health in nursing university students. The general self-efficacy scale and the Japanese version of the General Health Questionnaire (GHQ12) were used to assess levels of self-efficacy and mental health in a questionnaire survey of 89 fourth-year students at a single nursing university. Responses obtained from 74 students (recovery rate: 83%) were analyzed. The results revealed a negative correlation between the self-efficacy and mental health levels that were measured with the standardized self-efficacy score and the total GHQ-12 score.

**Biography**

Takahiro Igarashi has completed his Master of Nursing from International University of Health and Welfare of Medicine. He is also a nursing faculty member at Nihon Institute of Medical Science and is conducting research in the field of nursing education.