



# PRESS RELEASE

## **PSA Grants Clearance for the Conduct of the National Health Promotion and Literacy Longitudinal Study Year 2 and the Expanded Mental Health Component under the National Assessment of the Mental Health Literacy of Filipinos**

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The Philippine Statistics Authority (PSA) granted clearance for the conduct of the National Health Promotion and Literacy Longitudinal Study (HPLS) Year 2 and the Expanded Mental Health Component under the National Assessment of the Mental Health Literacy of Filipinos of the Department of Health (DOH). The survey will be carried out by IDinsight Philippines, Inc., on behalf of the DOH.

The HPLS is a five-year assessment of health literacy and knowledge, attitudes, and practices (KAP) on the Health Promotion Framework Strategy's (HPFS) seven priority areas (i.e., diet and physical activity, environmental health, immunization, substance abuse, mental health, sexual and reproductive health, and violence and injury prevention) through the longitudinal study. Specifically, this study aims to:

- a. Develop reproducible methods in the conduct of routine assessments to track the changes in health literacy and HPFS behavioral outcomes.
- b. Determine the trends in comprehensive and functional health literacy and KAP of HPFS behavioral outcomes at the national level.
- c. Build the capacity of the national, regional, and local levels of governments in the conduct of health literacy assessments and KAP surveys on health promotions.
- d. Inputs for evidence-based policies, programs, planning and other health promotion and literacy interventions of DOH and local government units.

For HPLS Year 2, an additional survey component focusing on mental health literacy will be introduced. This component is one of the seven key priorities outlined in the HPFS and data from the survey component on mental health literacy will be used as inputs in the National Mental Health Literacy Assessment Study (NMHLAS). The NMHLAS is a one-time, intensive assessment designed to explore mental health literacy,



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knowledge, attitudes, and health-seeking behaviors among Filipinos across various life stages.

Major data items to be collected in the survey are as follows:

- a. Sociodemographic characteristics of adult Filipinos (aged 18 years old and over)
- b. Comprehensive health literacy
- c. Functional health literacy
- d. Barriers to health literacy
- e. Knowledge, attitudes, and practices on the following DOH priority areas under the HPFS:
  - i. Diet and physical activity
  - ii. Environmental health (sanitation, disaster preparedness, sustainable practices)
  - iii. Vaccines and immunization (child and adult)
  - iv. Substance abuse (smoking and alcohol use)
  - v. Mental Health
  - vi. Sexual and Reproductive Health
  - vii. Violence and injury prevention (including road safety)
- f. For HPFS' fifth priority area (mental health):
  - i. Recognition of the symptoms and behaviors of common mental health conditions
  - ii. Knowledge of where and how to access care
  - iii. Exposure to mental health awareness campaigns/promotion activities
  - iv. Attitude/stigma towards experiencing mental health issues
  - v. Attitude/stigma towards seeking professional help for mental health issues
  - vi. Willingness to access and engage with treatment for mental health conditions
  - vii. Actual access to care including logistical, financial, and cultural barriers to accessing care
  - viii. Coping mechanisms for mild symptoms or self-care practices.

A total budget of PhP 43.5 million will be utilized to interview 3,000 individuals aged 18 years old and over. The survey will be conducted for two rounds with the following schedule:

<b>Date of Conduct</b>	<b>Release of Results</b>
April to June 2024	August 2024
October to December 2024	February 2025

The survey was reviewed and cleared for conduct under the Statistical Survey Review and Clearance System (SSRCS), a mechanism being implemented by the PSA by virtue of Rule 28 of Implementing Rules and Regulations of Republic Act No. 10625 to:

- a. Ensure sound design for data collection
- b. Minimize the burden placed upon respondents
- c. Effect economy in statistical data collection
- d. Eliminate unnecessary duplication of statistical data collection efforts
- e. Achieve better coordination of government statistical activities.

In line with this, the PSA enjoins all individuals aged 18 years old and over nationwide to support and participate in the said survey by providing the truthful information.

For further information on SSRCS, please contact the **Statistical Standards Division** of the **Standards Service** with telephone numbers **(02) 8376-1928** and **(02) 8376-1931**, and email address **ssd.staff@psa.gov.ph**.



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