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Master's Dissertation of St.luk's International

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Health Literacy of Preconception and Factors Associated with Quality of Life

in University Students: A Cross Sectional Study

大学生を対象にしたプレコンセプション・ヘルスリテラシーと

QOL の関連因子について：横断研究

21MN029

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**Background:** Preconception care is interventions for women and couple before conception and effective in promoting health, preventing disease, and reducing future maternal and child health risks. To improve health literacy for preconception in young adults is important on their life course, but the actual status of preconception health literacy has not been clarified; therefore, this study aimed to clarify the relations between preconception health literacy and health-related behaviors and Health-Related Quality of Life (HRQOL) among university students.

**Methods:** A cross-sectional study using a web-based survey was conducted among 300 non- medical students, excluding women who had given birth and men who had children. Multivariable regression was used to analyze the data. The web-based survey was conducted from September 26 to October 4, 2022 (Research number; 22-A012).

**Results:** This study showed that preconception health literacy about knowledge of folic acid intake for prevention of Neural Tube Defects was the lowest among knowledge and "healthy weight" and "appropriate diet" were lowest among skills and behavior of preconception health literacy. The ideal body weight for females was  $18.61 \pm 1.6$  and about 80% of students with low and normal BMI wanted to be thinner. The results of Physical Component Score (PCS) and Mental Component Score (MCS) as dependent variable in HRQOL domains, higher PCS was significantly associated with higher knowledge of preconception health literacy score ( $\beta = 0.244$ , 95% CI [0.392 to 1.069],  $p < 0.001$ ), higher MCS was significantly associated with Decisional Balance Inventory (DBI) score ( $\beta = 0.244$ , 95% CI [0.152 to 0.470],  $p < 0.01$ ).

**Conclusions:** This study showed an association between adequate knowledge of preconception health literacy and PCS, Higher DBI score and MCS. Increased knowledge about folic acid intake and maintaining an appropriate BMI and healthy diet enhances quality of life. Early educational interventions for young people need to be considered.