

The need for measurement sexual health literacy in Iranian society

ABSTRACT

Over the past decade, health literacy concerns have been a wake-up call for many areas of health. Recent studies about health literacy in recent years show that so far only a few studies have considered the design of tools or the measurement of specific health literacy that focus on issues such as oral health, risk factors for chronic diseases, breast cancer, Ear and Hearing.

Keywords: Sexual, Health Literacy, Iranian society.

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Dear Editor

Over the past decade, health literacy concerns have been a wake-up call for many areas of health (1). A review of studies conducted in the country on health literacy in recent years shows that so far only a few limited studies have designed tools or measured specific health literacy that address issues such as oral health, risk factors for chronic diseases, breast cancer and Ear and Hearing (2-5). Regarding sexual health literacy, which is defined as personal knowledge, attitudes and beliefs, motivations and abilities in accessing, understanding, evaluating and using information related to sexual health, Researchers had access to only one study in the country, which was on tool design (6). On the other hand, the latest research in the field of sexual health in Iran shows that the rate of sexual dysfunction in Iranian men and women was relatively high and the participating women had Unfavorable sexual function (7). High sexual health literacy is associated with higher levels of sexual function and sexual satisfaction in men and women (8). Studies also show that low levels of sexual health literacy increase the risk of experiencing high-risk sexual intercourse and increase the risk of unwanted pregnancies in people, especially young people (9-11).

Measuring health literacy can be an important first step in building a new type of health indicator for communities (12). The level of literacy depends on individual characteristics and the degree of contact of people with the health system. Therefore, different tools are needed for different age groups and different stages of life. The level of health literacy and information needs of a pregnant woman is completely different from that of a person who has recently been diagnosed with type 2 diabetes, and this should be considered in measuring health literacy (3, 13). A review of studies shows that despite

access to a reliable and reliable tool (6), So far, the concept of sexual health literacy has not been evaluated in the country. Considering the importance of sexual health literacy (6), the role of sexual health literacy in promoting individual sexual health and ultimately improving family and social health (6), as well as the lack of assessment of sexual health literacy in the country, it is necessary to measure sexual health literacy in the country.

Given the importance of sexual health, the relatively high prevalence of sexual dysfunction in Iran (7) and the effect of sexual health literacy on it (8), it seems that the design and implementation of interventions with the approach of promoting sexual health literacy to reduce and prevent Sexual dysfunction is one of the necessities of the health sector in the country.

By observing the principle of proportionality of the content with the target group in order to establish effective communication between health service providers and the audience and also providing clear, informative, practical and appropriate educational content and messages, we can expect that these interventions will be more effective. In this regard, health planners for health and education interventions should be aware of the level of sexual health literacy and design and implement educational programs based on sexual health literacy.

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