

Academics publish 'highly commended' research on mental health literacy

July 9 2018

Academics from the University have published an article in the *Journal of Mental Health Training, Education and Practice* examining mental health literacy and how it affects help-seeking behaviours and mental health outcomes in UK university students.

The paper, titled "Examining mental [health](#) literacy, help seeking behaviours, and mental health outcomes in UK university students," found that mental health literacy is significantly correlated with help-seeking behaviour but not significantly correlated with distress or well-being. It concludes that strategies, such as anonymous online resources, should be designed to help UK university students become more knowledgeable about mental health and comfortable with seeking appropriate support.

This study is the first to examine multiple dimensions of [mental health](#) literacy in UK university students and compare it to help-seeking behaviour, distress and well-being.

The article has been selected as Highly Commended in the 2018 Emerald Literati Awards and has now been made freely available for six months. Please make the most of this global recognition by sharing the link with your networks and colleagues.

Professor Mark Button, Director of the Centre for Counter Fraud Studies, was also selected by the editorial team as an Outstanding Paper in the 2018 Emerald Literati Awards for his article "Confronting the

"[fraud](#) bottleneck": private sanctions for fraud and their implications for justice' published in Journal of Criminological Research, Policy and Practice

The article exposed the huge fraud bottleneck in the UK where large numbers of frauds against organisations receive no attention from the police. The [article](#) showed that many organisations in response are using new innovative alternatives to the criminal justice system to secure justice. These include private prosecution, civil actions, regulatory measures and fraudster databases to name some.

More information: Paul Gorczynski et al. Examining mental health literacy, help seeking behaviours, and mental health outcomes in UK university students, *The Journal of Mental Health Training, Education and Practice* (2017). [DOI: 10.1108/JMHTEP-05-2016-0027](https://doi.org/10.1108/JMHTEP-05-2016-0027)

Provided by University of Portsmouth

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