Association of education with mental illness in Czech population

Abstract

This master thesis aimed to study the association of education with mental disorders in the Czech population. Data were used from a nationally representative cross-sectional study – the CZEch Mental health Study (CZEMS). Mental disorders were assessed with Mini–International Neuropsychiatric Interview and divided into four groups – affective, anxiety, substance use and alcohol use. Information about the highest completed education was self-reported by participants during an interview. Binary logistic regresion examined the association of education with mental disorders, group-wise adjusting for sociodemographic, social and health-related characteristics. The analysis was conducted on 3 175 participants (54 % women, median age 49 years). Lower education (primary and vocational) was associated with higher occurrence of mental disorders, this association remained after adjustment for all characteristics. The association was strongest for alcohol use disorders and weakest for anxiety disorders and did not differ by sex. The relationship between education and alcohol use as well as substance use disorders was apparent in particular in younger individuals. The observed educational differences in the occurrence of mental disorders should be taken into account in activities currently ongoing in the context of the mental health care reform.

Keywords: mental disorder, education, anxiety, substance use disorders, population-based survey