

## **Assessment of Sexual Health Literacy in Men Attending Pre-Marital Counseling Centers in Ardabil in the Year 2023**

### **Abstract;**

**Background:** Sexual health literacy refers to an individual's knowledge, attitudes, and abilities related to sexual health. These skills can contribute to reducing sexual health risks and improving sexual behaviors. Men play a significant role in sexual development within relationships, making the assessment of sexual health literacy in these individuals important for enhancing marital life.

**Aims:** The present study aimed to determine sexual health literacy in men attending pre-marital counseling centers in Ardabil in the year 140<sup>۲</sup>.

**Materials and Methods:** After obtaining consent, visits were made to comprehensive health centers at the city level, and a simple random sampling method was used to select eligible men. Necessary data were collected using a demographic questionnaire and a standardized Shila questionnaire.

**Results:** In total, 384 participants took part in this study, with the youngest participant being 13 years old and the oldest being 47 years old, with an average age of  $28.46 \pm 6.26$  years. The results showed that education significantly influenced individuals' access to sexual health literacy, reading and understanding sexual health literacy, the ability to assess and analyze sexual health literacy, and the level of sexual health literacy (P-value<0.05). Additionally, there was a significant correlation between individuals' occupations and their ability to access sexual health literacy (P-value<0.05). Furthermore, the analysis indicated that urban men had lower levels of sexual health literacy compared to rural men among men approaching marriage (P-value<0.05).

**Conclusion:** In summary, the complex relationship between demographic factors and sexual health literacy is illuminated. While age and occupation showed different or limited effects, education and place of residence emerged as primary determinants. Keywords: Sexual health literacy, men, pre-marital counseling, education, place of residence.

**Keywords:** Sexual Health Literacy, Men, Dermatial Counseling Center, Education, Residence