



Factors Affecting Health Literacy: A Systematic Review

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Abstract

objective: Health literacy is considered a fundamental factor in maintaining and enhancing the overall health of society and is recognized as a crucial element in preventing many diseases. This article aims to identify and review the factors influencing health literacy.

Search Strategy: To conduct this systematic review, relevant academic sources were accessed through databases such as PubMed, Scopus, and Web of Science. Articles published between 2010 and 2021 were examined. In addition, necessary input and output criteria were applied to select the articles for use.

Results: By analyzing 30 relevant articles, factors influencing health literacy were categorized into the following groups:

1. **Individual Factors:** Including age, gender, education, level of education, previous health experiences, thoughts and beliefs, and personality traits.
2. **Social Factors:** Encompassing place of residence, employment status, family education, culture and values, family support, and access to health resources.
3. **Organizational Factors:** Involving government policies, health resources, healthcare system, access to health services, and the quality of healthcare services.

Conclusion: In this systematic review, factors influencing health literacy were classified into three categories: individual, social, and organizational factors. Emphasizing health education, creating optimal facilities, and ensuring access to health resources at the community and organizational levels play a crucial role in increasing health literacy.

Keywords: Health literacy, effective factors, Systematic Review.

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