

Table 1. Demographic characteristics of the studied staff (n=188)

Variables	No. (%)	Variables	No. (%)
Age (year)		Marital status	
20-30	30 (16)	Single	49 (26.1)
31-40	131 (69.7)	Married	139 (73.9)
<40	27 (14.4)	Economic status	
Gender		Excellent	5 (2.7)
Male	46 (23)	Good	93 (49.5)
Female	142 (71)	Moderate	80 (42.6)
Education		Poor	10 (5.3)
Below diploma	4 (2.1)	Health status	
Diploma	12 (6.4)	Good	4 (2.11)
Associate degree	16 (8.5)	Relatively good	21 (11.2)
Undergraduate	74 (39.4)	Moderate	94 (50)
Master's degree	66 (35.1)	Relatively bad	44 (23.4)
PhD	16 (8.5)	Bad	25 (13.3)

Table 2. Statistical indices of the five dimensions of health literacy and their matrix correlation

Health literacy dimensions	1	2	3	4	5	Standard deviation ± Mean	Acquired score range	Mean percentage of maximum score
Reading	1					13.8±2.8	4-20	61.2
Access	0.498**	1				21.9±3.7	6-30	66.2
Understanding	0.473**	0.273**	1			26.5±4.84	7-35	69.6
Evaluation	0.385**	0.279**	0.512**	1		13.8±2.7	4-20	61.2
Decision-making	0.275**	0.183*	0.582**	0.501**	1	41.7±7.9	12-60	61.8

* The coefficients less than 0.05 are significant; ** The coefficients less than 0.01 are significant.

Table 3. The frequency of health literacy levels of employees participating in the study

Health literacy levels	No. (%)	The scores of each level
Inadequate	23 (12.2)	0-50
Borderline	87 (46.3)	50.1-66
Adequate	69 (36.7)	66.1-84
Excellent	9 (4.8)	84.1-100

Table 4. The relationship between five dimensions of health literacy and demographic variables in the subjects

Demographic variables		Reading	Access	Understanding	Evaluation	Decision-making
		Mean ± standard deviation	Mean ± standard deviation	Mean ± standard deviation	Mean ± standard deviation	Mean ± standard deviation
Age, year	20-30	60.8±18.9	64.5±13.6	74.5±17.3	56.8±20.5	39.6±9.3
	31-40	59.4±17.9	66.4±16.5	66.1±14.2	60.8±16.2	41.0±6.9
	Over 40	71.9±13.1	68.9±13.4	82.9±12.3	70.8±15.8	47.7±8.5
	P value*	0.004	0.573	<0.001	0.006	<0.001
Gender	Male	14.4±2.6	22.5±3.9	26.5±4.4	13.9±2.7	41.5±9.1
	Female	13.6±2.9	21.7±3.6	26.5±4.4	13.8±2.7	41.8±7.5
	P value**	0.630	0.113	0.562	0.667	0.620
Education	Below diploma	14.7±3.2	18.2±4.1	30.5±4.6	12.7±2.1	45.0±14.6
	Diploma	14.5±2.4	203.0±4.1	31.5±3.3	15.5±1.9	48.2±8.4
	Associate degree	14.6±2.3	22.8±2.9	28.1±4.1	14.98±1.5	44.1±7.3
	Undergraduate	13.9±2.6	22.3±3.2	26.7±3.5	14.2±2.3	41.8±6.5
	Master's degree	13.6±3.1	2.16±3.6	25.3±4.4	12.8±3.1	40.2±7.7
	PhD	12.7±3.7	20.5±5.9	24.6±5.3	14.1±3.4	40.1±10.3
	P value*	0.411	0.090	<0.001	0.003	0.019
Marital status	Single	12.6±3.6	21.0±4.4	26.1±5.1	13.0±3.2	39.8±9.1
	Married	14.2±2.4	22.2±3.4	26.7±4.1	14.1±2.5	42.4±7.3
	P value**	<0.001	<0.001	0.156	0.151	0.035
Health information sources	Health care providers	14.7±3.1	14.8±2.7	81.0±14.9	67.7±17.0	69.6±18.2
	Internet	41.0±7.6	13.6±2.7	67.3±14.7	60.3±17.1	60.4±15.9
	Phone	40.0±2.8	13.0±2.4	64.9±9.2	56.8±15.4	58.5±5.9
	Television/radio	14.9±2.2	15.2±2.1	83.4±13.1	70.3±12.5	69.9±18.73
	Magazine	40.6±5.1	13.7±1.7	66.0±9.4	11.0±1.3	59.6±10.7
	Friends	43.78±7.7	13.8±2.8	68.9±14.8	61.4±17.9	66.3±16.2
	Booklet/brochure	45.2±8.3	14.9±1.7	78.2±16.5	68.2±11.1	69.2±17.4
	Social media	41.3±6.1	13.8±2.1	66.8±11.2	61.6±12.6	61.1±12.7
P value*	0.354	0.323	<0.001	0.088	0.024	

*The significance level according to the one-way ANOVA test; **The significance level based on the T-test.

Table 5. Linear Regression for Health Literacy and Demographic Variables

Demographic variables	Regression coefficient	Standard error	Slope of regression line (β)	t	P value
Age	0.18	0.14	0.33	2.37	0.019
Gender	0.04	1.92	1.02	0.53	0.593
Marital status	0.20	2.36	5.53	2.34	0.020
Education	-0.22	0.82	-2.38	-2.89	0.004
Health information sources	-0.28	0.43	-1.57	-3.59	<0.001