

The Relationship between Selfesteem, Social Support, and Mental Health among High School Students in Iran

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Abstract : The aim of this study was to examine the relationship between self-esteem, social support and mental health in a sample of government high school students in Eshtehard city in Alborz Province in Iran. Three hundred and eleven students (boys) were included in this study. All participants completed the General Health Questionnaire (GHQ 12), Multidimensional Scale of Perceived Social Support (MSPSS -12), and Self-Esteem Scale (SS-10). The results revealed that self-esteem was positively associated with social support. Self-esteem and social support negatively associated with psychological distress. Self-esteem and social support to influence on mental health.

Keywords : self-esteem, social support, mental health, high school students

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