Abstract: Introduction
Mental health in high school ages, as the critical ages of adolescence has a prominent role on the future wellbeing, because of considerably importance for transition of the maturation, acquisition of the identity and self concept formation. The needs for esteem and self-actualization needs at a higher level of that, as two psychological needs are at the highest level of the Maslow's Hierarchy of Needs. By noting the prominence of this period, whether these two needs can predict mental health in high school girls?

Objective
The aim of the present study was to determine of relationship of esteem and self-actualization needs with mental health and in female high students.

Method
Current study is a correlational study and its statistical population includes all girls that have been studying in Ardebil high schools in year 1387-1388. Randomly, 419 girls selected and filled Maslow's Needs Satisfaction (Lester, 1990) and the General Health Questionnaires (Goldberg, 1972). Data were analyzed by Pearson Correlation and Multivariate Regression.

Findings
Needs for self-actualization has significant and negative correlation with all four subscales of mental health (physical complaints, anxiety, social interact distortion and depression). Correlation of this psychological need and total score of GHQ was $r=-0.41$ ($p<0.001$). Needs for esteem negatively correlated with physical complaints and anxiety and also total GHQ. Needs for self-actualization could explain 17% of GHQ variance ($p=0.001$).

Conclusion
Findings indicate that students, who were high in Satisfaction of the Needs for self-actualization, have higher mental health. This is weaker about Needs for esteem. One explanation about more strong correlation obtained for self-actualization, may be that adolescents in this ages need to know themselves and catch a stable self-concept and has upbringing implications related to helping them to acquire identity and identify and actualize their aptitudes.

Adolescent, Mental health, Needs for esteem, Self-actualization

Presentation: Poster