**Title:** Effect of social class on mental health in Tehran’s youth

**Authors:** Abdolreza Bagheri Bonjar, PHD, The member of scientific board of Shahed University, group of social sciences  
Mohammad Reza Heshmaty**, MSc, 09194042317  rezaheshmaty@gmail.com  
Behnaz Kermani, MSc in health care management, Rasool Akram Medical Center

**Abstract:** Introduction: people need calm and mental health because in this situation can get growth and perfection to access high grade goals and behavior. On the other side, mental health is related to prevent stressful situation. So we can assert affection and mental claim is the most important need for all people in the world. Because nowadays many people in the world especially western countries suffer from mental insecurity, worries and depression. Still, millions of Americans suffer with various types of mental illness and mental health problems, such as social anxiety, obsessive compulsive disorder and personality disorders. So, if man want to treat himself, shouldn’t do self-deception and don't seek ineffective solutions. Focus on roots of mental disease show that one of reason of them is social class and social status; so the goal of present paper is studying the role of social class in mental health.

**Methods:** data was collected by public health and social class determination standard questionnaires. Number of the sample is calculated in accordance with the cluster and Multistage sampling of Tehran’s youth and is 385 people. The community of the research has been the whole Tehran’s youth between 15-29 ages.

**Results:** results show there is a meaningful relationship between economical social class and people mental health. Furthermore, social class variables (job, income and education) and mental health have direct relation; it means that increasing occupation status, education and income cause to improve mental health.

**Conclusion:** social class affect on mental health directly.

**Keywords:** social class, mental health, public health, youth

**Presentation:** Poster