Associations between self-rated health, mental health problems and physical inactivity among urban adolescents

# Details

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## Sample

The study sample included 1111 adolescents: 587 boys (52.8%; mean age of 14.4 years; 95% CI 14.35–14.43; SD .502) and 524 girls (mean age of 14.2 years; 95% CI 14.21–14.28; SD .443).

# Abstract

Background
Self-rated health is a valid and reliable subjective indicator of general health. We aimed to assess the associations between self-rated health, mental health problems, physical activity, sedentary behaviour and BMI among Slovak urban adolescents.

Methods
Data were collected within the EU-FP7: EURO-URHIS 2 (The European Health Indicator System Part 2) project in two largest Slovak cities: Bratislava and Kosice. Sample included 1111 adolescents (response rate 73.7%, mean age 14.32 ± 0.48 years, 52.8% boys). Self-rated health was measured with the first item from the Short Form Health Survey 36 questionnaire, mental health problems were assessed by the Strengths and Difficulties Questionnaire and for physical activity and sedentary behaviour questions from the WHO HBSC questionnaire were used. Logistic regression was performed to determine the associations between self-rated health and the independent variables.

Results
Self-rated health was found to be significantly associated with mental health problems, sedentary behaviour and BMI. However, the strongest association was found with engagement in physical activity every day (OR 8.0; 95% CI 1.6–39.9).

Conclusions
Previous research revealed that self-rated health was associated with various mental health problems. Our findings add to these results by showing that physical activity and sedentary behaviour are also very important additional factors related to self-rated health. Better understanding of these associations can help in developing more effective public health intervention programmes for adolescents.

# Outcome

The study shows how much time adolescentsspend watching television during an average school day and how much time they spend on a computer during an average school day. These two activities are related to sedentary behaviour. The adolescents spend two or more hours watching television and using a computer.
"The findings point out that physical activity and sedentary behaviour are also very important additional factors related to self-rated health." (Lachytova, et al., 2017)