

Abstract of Master's Dissertation

Course	International Health Development (MPH)	Name	Tin Zar Win
Thesis Title	Lifestyle risk behaviours, nutritional status and their association with mental health problems among Myanmar adolescents: Secondary analysis of a nationwide school survey (2016)		
<p>Background: Mental health issues among adolescents are a global concern. Engaging in unhealthy lifestyles may be considered as the risk factors for the mental health. Our study aimed to identify the relationship between unhealthy lifestyles and loneliness, anxiety induced sleep disturbance and suicidal risks among Myanmar school-going adolescents.</p> <p>Objective : The specific objectives of the study were (1) To describe lifestyle risk behaviours, nutritional status and mental health problems (loneliness, anxiety induced sleep disturbance and suicidal vulnerability) among adolescents in Myanmar, (2) To investigate the association between lifestyle risk behaviours and mental health problems, and (3) To investigate the association between nutritional status and mental health problems.</p> <p>Method : Data were obtained from the Global School Based Student Health Survey conducted in Myanmar (2016). The study population consisted of 2838 school-going adolescents. Data were analysed through STATA package 15.1. Svy estimation commands for complex survey data was applied. We used bivariable and multivariable logistic regression analysis to find the association between the independent variables and outcome variables.</p> <p>Result : A significant association was found between the sedentary, less healthy dietary behaviours, alcohol drinking, body mass index and mental health related outcomes. After adjusting the confounding variables, adolescents with sitting activities more than three hours per day had 2.46 times higher odds of loneliness (AOR=2.46 95%CI=1.73, 3.50), had 2.32 times higher odds of anxiety induced sleep disturbance (AOR=2.32 95%CI=1.61, 3.34), had 1.85 times higher odds of suicide ideation (AOR=1.85 95%CI=1.24, 2.77), had 1.74 times higher odds of suicide plan (AOR=1.74 95%CI=1.04, 2.91) and had 1.76 times higher odds of suicide attempt (AOR=1.76 95%CI=1.17, 2.66) compared to those without sedentary behaviour.</p>			

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<p>Moreover, students who took fruit less than one time per day were more likely to experience anxiety induced sleep disturbance (AOR=1.82, 95%CI=1.25,2.64) and suicidal ideation (AOR= 1.44, 95%CI=1.05,1.98). Adolescents who took vegetable less than one time per day had significant higher odds of suicide plan (AOR=1.56 95% CI=1.03, 2.34). Current drinker also had significant association with suicidal ideation (AOR=3.29 95%CI=1.83,5.91), suicidal plan (AOR=5.14 95%CI= 2.38, 11.11) and attempt suicide (AOR=3.75 95%CI=1.80, 7.81). Besides, Students who are obese were more like to feel lonely compared to normal weight students (AOR=1.85 95%CI=1.02, 3.48) and underweight students had lower risk of suicide attempt compared to normal weight students (AOR=0.38 95%CI=0.20,0.72).</p> <p>Discussion and Conclusion : The main finding of our study was that unhealthy lifestyles except from physical inactivity and consumption of soft drink were significantly associated with mental health related outcomes. These findings should be considered when developing interventions to promote and prevent adolescents’ mental health in Myanmar. Religion, family type, sociocultural variation, variables to be included, variation in economic level among countries, level of knowledge and perception related to unhealthy behaviours and mental health problems need to be considered for the similarities and differences with other studies conducted in other countries. Further longitudinal and cohort studies are recommended to find the directionality of the association, and the impact of the amount of diet habit and type of sedentary activities on the mental health.</p>			