

### Abstract

This study aimed at identifying lifestyle factors that promote mental health. Two hundred and seventy-one participants were recruited via mass email from the Chinese University of Hong Kong. They were required to complete an online self-report questionnaire on six lifestyle factors including physical activity, diet, sleep, smoking, alcohol consumption and life rhythm regularity, as well as on resilience trait. Results showed that all six lifestyle factors and resilience were significantly associated with the prevalence of mental health problems including stress, depression and anxiety. Moderation effect by resilience was found on the relationship between alcohol consumption and depression. These findings underline the importance of adopting a healthy lifestyle in order to attain mental wellbeing and reduce psychological distress. This study also necessitates further researches to identify factors that potentially moderate the association between lifestyle choices and mental health.

*Keywords:* lifestyle, resilience, stress, anxiety, depression