

Abstract of Thesis Entitled:

Relationship between lifestyle factors and mental health statuses among

Hong Kong Chinese adults

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Abstract

Personal development and growth necessitate healthy mental health. Previous study has shown that a range of lifestyle factors can help avoid mental illnesses. However, few research have been undertaken to assess single lifestyle factor and combined lifestyle factor with mental health statuses in the Hong Kong Chinese population. This quantitative study aims at examining the relationships between lifestyle factors and mental health statuses among Hong Kong Chinese adults, by exploring single lifestyle factor and combined lifestyle factor.

This study recruited 1728 Hong Kong Chinese adults aged 18 to 65 years old through a social media platform to complete a cross-sectional online questionnaire via Qualtrics between January and February 2022, yielding 1411 valid responses. The Chinese version of the Short Multidimensional Inventory Lifestyle Evaluation (SMILE-C) was used to assess independent variables, namely diet and nutrition, substance use, physical activity, stress management, restorative sleep, social support, and environmental exposure. Depressive symptoms, anxiety symptoms, insomnia symptoms, perceived stress, social dysfunction, and quality of life were the outcome variables accessed using self-administered measurements.

All data were examined in SPSS using hierarchical linear regression. In the single factor model, healthier diet and nutrition, physical activity, stress management, restorative sleep, social support, or environmental exposure was significantly associated with higher mental health statuses after controlling for demographics and Covid-19 fear features. When all factors were considered in the combined factor model, stress management, restorative sleep, and social support were found to be strongly linked with all mental health statuses. The main findings of this study illustrated that healthier lifestyles were associated with better mental health statuses among Hong Kong Chinese adults.