

PP 37: Factors associated with general health status and general wellbeing of Advanced Level students in the Colombo district, Sri Lanka

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Introduction: Adolescents need to maintain a good general health status and well-being since they are at a developmental stage of life.

Objectives: To describe factors associated with General Health Status (GHS) and General Well Being (GWB) of Advanced level(A/L) students in the Colombo district.

Methods: A descriptive, cross-sectional study was conducted using a self-administered questionnaire (Google form), among 480 A/L students using convenient sampling technique. GHS and GWB were measured using PedsQL 3.0 General wellbeing module (validated questionnaire). GHS was given a score of 0-4. GWB was assessed by six questions which was scored on Likert scale. Overall percentage scores were calculated for both GHS and GWB. Data were analysed using SPSS Version 26. Associations were obtained using independent t test ($p < 0.05$ -significant).

Results: GHS was poor (score-0) in 5.4%. GHS was significantly associated with income, meal skipping and sufficiency of physical activities. Mean GHS score of low-income group (43.6) was higher than high-income group (38.7). Students who had not skipped meals had obtained higher GHS scores for all three meals (breakfast: 44.2, lunch: 42.4, dinner: 43.5) compared to students who skipped meals (36.5, 37.4, 36.5). Students who sufficiently engaged in physical activities (60mins/day) had higher GHS score (51.3) than the others (39.0).

GWB score was 76-100% in 45.6%. A significant association was observed between nutritional adequacy of diet and GWB. Mean GWB score was high (76.4) in students who were consuming a nutritionally adequate diet compared to others (70.2).

Conclusions: GHS was poor in 5.4%. Excellent GWB was reported. Low income, not skipping meals and sufficient physical activities were associated with good GHS. Nutritional adequacy was associated with good GWB.

Keywords: General Health Status, General Wellbeing, adolescents