

## **A06 Associations between socio-demographic, body mass index, body image perception, physical activity and sleep quality with mental health among university students in Universiti Putra Malaysia**

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COVID-19 pandemic affected one's mental health and this include university students. Mental health problems among university students became one of the global main issues. There is limited study on factor associated with mental health among university student during this COVID-19 pandemic. Therefore, this study aimed to determine the associations between socio-demographic, body mass index, body image perception, physical activity and sleep quality with mental health among university students in Universiti Putra Malaysia. This is a cross-sectional study with a total sample of 130 students aged 18 to 25 years old. The respondents were recruited through a multistage sampling. An online self-administered questionnaire was used to collect the data on socio-demographic characteristics, weight and height, body image perception (Body Shape Questionnaire-8C, BSQ-8C), physical activity (Global Physical Activity Questionnaire, GPAQ), sleep quality (Pittsburgh Sleep Quality Index, PSQI), and mental health which was accessed using 21-items Depression Anxiety Stress Scale (DASS-21). Majority of the respondents were female (76.2%), Malay (78.5%), in second year of study (28.5%), from low income family (59.2%) and stayed with parents during COVID-19 pandemic (57.7%). Results showed 44.6% of respondents had depressive symptoms, 56.9% had anxiety symptoms and 29.2% had stress symptoms with severity mild to extremely severe. Body mass index ( $r=0.205$ ,  $p<0.05$ ), body image perception ( $r=0.538$ ,  $p<0.01$ ), and sleep quality ( $r=0.460$ ,  $p<0.01$ ) were significantly associated with depression subscale. Meanwhile, body image perception ( $r=0.449$ ,  $p<0.01$ ), and sleep quality ( $r=0.450$ ,  $p<0.01$ ) were significantly correlated with anxiety subscale. Stress subscale was significantly correlated with body image perception ( $r=0.473$ ,  $p<0.01$ ) and sleep quality ( $r=0.492$ ,  $p<0.01$ ). Socio-demographic characteristics and physical activity were not correlated with depression, anxiety and stress. Affected students should be helped and referred to professional health practitioner to ensure they able to overcome with these problems and remains healthy during this pandemic.