

## Title

Quality of life, lifestyle and health in Dutch college students

## Author

Van der Heijde, CM MSc<sup>1</sup>, Vonk P, MD<sup>1</sup>, and Meijman, FJ MD, PhD<sup>1,2</sup>

<sup>1</sup> Department of Research, development and prevention, Student Health Services, University of Amsterdam

<sup>2</sup> Department of Metamedica / Medical humanities, VU University Medical Centre, Amsterdam The Netherlands

## Objectives

Negative perceptions about student life and negative stress levels have demonstrated relationships with unhealthy life styles of students, including alcohol, drug and tobacco consumption. Most studies have focused on academic-related factors of student life in relation to health, thereby neglecting other factors of student life. In this study we examine the effect of quality of student life and lifestyles on student health, and their possible interaction.

## Methods

A questionnaire was distributed to students in the waiting room of the Student Health Service of the University of Amsterdam (march-april 2010). Response rate: 70%. Structural equation modeling with the AMOS 18.0 program is used. We controlled for gender.

## Results

The model was an acceptable fit to the data,  $\chi^2(24) = 74.58$ ,  $p = .00$ ,  $\chi^2/df = 3.11$ , NFI = .90, CFI = .93, RMSEA = .09 For the female group (N=216), a more positive perceived quality of student life ( $\beta = .70$ ,  $p < .01$ ) and a healthier lifestyle ( $\beta = .14$ ,  $p < .05$ ) were positively related to the reported student health. Also a significant interaction effect ( $\beta = .04$ ,  $p < .05$ ) was found for this group. For the male group effects are not significant, probably due to small sample size (N=65).

## Conclusions

Students who are more satisfied with their student lives, including various aspects such as relationships, study, work, finances, etc report healthier lifestyles and report to be healthier. In the future longitudinal designs are necessary to assess causality as regards perceived quality of student life, lifestyle and health.