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Health Promoting Lifestyles Among Nurses

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Abstract

This study aimed to assess health-promoting lifestyles among nursing students at the University of Lahore, Pakistan, and identify health-related behaviors and unhealthy habits. A descriptive cross-sectional design was employed, with data collected from 109 nursing students using a structured questionnaire. The questionnaire evaluated six dimensions of health-promoting lifestyles: health responsibility, physical activity, nutrition, interpersonal relations, spiritual growth, and stress management. Results revealed that 47.7% of students exhibited healthy lifestyles, while 52.3% reported unhealthy habits. Key findings indicated that while many students engaged in health-promoting behaviors such as seeking health information and maintaining interpersonal relationships, a significant proportion lacked adequate physical activity, balanced nutrition, and stress management practices. Demographic analysis showed that urban students and those with normal BMI levels were more likely to adopt healthier lifestyles. The study highlights the need for targeted interventions, including educational programs and counseling services, to promote healthier lifestyles among nursing students. Recommendations include integrating health-promoting curricula, developing awareness campaigns, and leveraging digital tools like "Healthy University" initiatives. Limitations include the study's confinement to a single institution, limiting generalizability, and its cross-sectional design, which precludes causal inferences. This study underscores the importance of fostering health-promoting behaviors among nursing students to enhance their personal well-being and professional competence in delivering quality patient care.

Introduction

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. One of the simple human right is fitness. It can be a dynamic nation of welfare characterized through a bodily, intellectual and social capability, that satisfies the pressure of a existence coterminous with age, culture, and personal obligation. If the capability is meagre to fulfill those needs the nation is sickness. The Health selling behaviors have sure sizable consequences on prolonging and growing the best of existence, additionally reducing healthcare expenses, and growing the prevention of sickness skills. Health promoting advancing ways of behaving comprise of six components: health responsibility, physical activity, nutrition, interpersonal relations, otherworldly spiritual growth and stress (Ifroh et al., 2022). Lifestyles are reflected in the various health assurance practices that people undertake to improve their actual health, maintain and promote physical and emotional health and avoid illness. Examples of these

exercises include opening windows for ventilation, wise dieting, exercising, washing hands regularly and wearing goggles and a veil when outside. The term lifestyles references to the way that people spend their lives and gives examples such as work, play, eating, sleeping and conversing. Healthy behavior can thus be perceived as what people perform in a state of physical, mental and social well-being (Bao et al., 2022). Health dynamics are intertemporal fluctuations in fitness status of a personal or a gaggle of individuals. It is vital for every man or woman in society to take obligation and make the healthful existence version part of their day by day habitual for you to enhance fitness. (Almutairi et al., 2018). Further, the prevalence of fitness situations together with being overweight, obesity, coronary artery disease, hypertension, diabetes mellitus, and melancholy are regarded to have accelerated amongst younger adults, and a suboptimal bodily pastime has been diagnosed to be an essential issue related to those situations. According to the World Health Organization (WHO), extra than 1 / 4 of the world's grownup populace are insufficiently active and round 1 in three girls and 1 in four guys do now no longer do sufficient bodily pastime to live healthy. WHO recommends diverse degrees of bodily pastime for people (Verma et al., 2022). Among Pakistani fitness care carriers, a discrepancy in self-exercise and patient-preaching has been identified. Where they recommended a healthful way of life, nutritional habits, bodily hobby regime, and intellectual fitness have been now no longer visible to be as much as the mark. A latest cross-sectional survey with greater than a thousand Pakistani healthcare carriers (HCPs) indicated that 76% did now no longer exercise, 71% had >forty-eight running hours in line with week, >50% slept for Given that the majority of nursing activities involve training in medical services, promoting health via behavior is a key principle in nursing. Onlookers are frequently expected to serve as models of lifestyles that promote health in the establishment of networks for such improvement (Siddiqui et al., 2021).

Some methods include for health promoting lifestyles in which includes the use of vitamins, a healthy diet and pain relievers, personal cleanliness, increased intake of vegetables and natural products, activities to promote well-being and the use of hot showers (Hashim et al., 2019). An independent way of living that can help prevent chronic illness and pave the way for practicing wellbeing-advancing behaviors is referred to as a health-promoting lifestyles. A major expectation in nursing is that behaviors that promote wellbeing advance. Nursing students must not only be role models for client's seeking advice on health advancement, but they must also understand the significance of their own lifestyle in advancing health as a matter of public health (Hwang & oh, 2020).

Nursing students are the future providers of medical services, and they will play a crucial role in demonstrating a way of life and serving as an example to patients. Therefore, it is important for nursing students to support and enhance their personal and professional well-being. Few surrogates had a stable, good way of life in an evaluation that was focused in China. A few studies in various countries, including Malaysia, Hong Kong, Iran, Jordan, and Turkey, revealed a moderate level of healthy lifestyles among nursing students. Lifestyle, conjugal status, orientation, parental training, instructional level, family financial status, general wellbeing, and smoking can all have an impact on a healthy lifestyle (Fashafsheh, et al., 2021).

The majority of non-transmittable diseases are linked to common risk factors, specifically, smoking, drinking too much alcohol, having a poor diet, and not working (WHO). Nearly 70% of all fatalities worldwide are attributed to other causes, such as persistent lung diseases, heart infections, diabetes, strokes, and malignancies. A remarkable amount of these disorders can be avoided by altering lifestyle variables. Drinking alcohol increases the number of mortality people with disabilities and chronic weakness around the world each year (Nasui et al., 2021).

Four indicators were used to assess health risk lifestyles behaviors: Low intake of natural products and vegetables, daily smoking, hazardous alcohol consumption, and not actually doing anything. A healthy lifestyle is one of the leading causes of persistent diseases such as malignancies, hypertension, diabetes and heart infections. Individuals are responsible for their own health and infection control. The main concern of this study is whether these nursing students can promote the wellbeing-advancing lifestyles

from their focusing on time and ability inside health good examples assumed for the client in response to the customers increasing needs. However, there aren't many studies that specifically look at how nursing students live to advance their health. In essence, the goal of this study was to determine the nursing student's health-related Lifestyles choices (Algren et al., 2020).

Statement of Study Problem:

Unhealthy lifestyle is a growing health issue now a day, and the literature shows that there is a lack of knowledge regarding health concern lifestyles and high prevalence among youngsters especially the students who related to medical field. Lifestyles impacts the individual's personal and professional life. As nurses are the backbone of the medical field, so it is required to evaluate the health promoting lifestyles in nursing students because they encounter with the patients in community and clinical setting. An impaired health status will impact their accuracy in providing patient care and their interpersonal relationship with patients. Hence, the patient care will be compromised and results in low quality care. The study is considered important in teaching nursing students to lead a better lifestyle. This study also explores the health-enhancing lifestyle of nursing students at the University of Lahore, Pakistan.

Purpose of study:

The purpose of this study is to determine the health promoting lifestyles in nursing students of University of Lahore, Pakistan.

Significance of the Study:

Present study will be helpful for the nursing students to determine healthy lifestyles and risk behaviors. Current study will be helpful to find out the prevalence of health promoting lifestyles and provide guidance in taking suitable action to maintain adequate health status of the nursing students. The results of this study will be helpful for the organization to know about the health concern lifestyles and behaviors of nursing student. This study will provide a guidance for developing strategies to promote the lifestyles of nursing students regarding health and healthy behaviors as well. Hence, organization got the chance to play a part in improve healthy lifestyles and develop a competent nursing professionals for health promoting behaviors and their capabilities and lacking which will help to bring change in curriculum which will produce highly qualified nursing students.

Objectives of the Study:

- To assess the health promoting lifestyles among nursing students of University of Lahore, Pakistan.
- To determine health concern behaviors and unhealthy habits of nursing students in University of Lahore, Pakistan.

Operational definition:

Oneself revealed reactions of university understudies (who took part in this review) with respect to wellbeing propensities in term under six way of life spaces including health responsibility, physical activity, nutrition, interpersonal relations, spiritual growth and stress. If participant was given correct respond more than 67 out of 96 ($>70\%$) was consider as having healthy lifestyles. If participant was given respond less than 67 out of 96 ($<70\%$) was considered as having unhealthy lifestyles.

Health promoting lifestyles among nursing students were measured by the likert- type scale. consist 24 items that have been identified as health concern lifestyles for nursing students. It required response which ranges from "1" never "2" sometimes "3" often and "4" routinely. The total scores for an individual can be obtained by adding his scores for all the individual items. According to their perception high scores on the nursing student's lifestyles scale indicate more frequently experienced lifestyles.

- A person with score >70% indicate healthy lifestyles
- A person with the score < 70% indicate unhealthy lifestyles

Study Variables:

Health promoting lifestyles

Literature Review

Future nurses must discover ways to art work in-groups that integrate health selling as a center element of their intervention with the elderly. As a result, the findings of this studies allow one to understand that clinical gaining knowledge of with inside the community, together with the elders and their families, and with gaining knowledge of consequences centered at health selling and ailment prevention contribute to overcoming the aforementioned barrier. Therefore, this clinical gaining knowledge of method allows for the deliver of care that is more targeted on people and modified to their needs, expectations, and values, with higher consequences in regard to recovery regime adherence. The university college students expressed how lots importance they feature to different techniques to promote health and prevent sickness throughout their formation process. Home care, information, communication and health training stood out (Ferreira et al., 2022).

A healthy lifestyle plays a special role in happiness. Thus, social orders around the world have gradually become known as seeking action to achieve the essence of health. Physical activity and diet are key determinants of a healthy lifestyle (Paudel et al., 2019). There are three important determinants in determining whether a single remaining organ is responsible for the disease: genetic qualities, lifestyle and abilities. In a Chinese lesson book written a long time ago it is said that the advice for a long life is to eat well, rest, deeply balanced, and work really hard. Research has confirmed this old claim. There is a great deal of evidence for a significant relationship between lifestyle and health, especially with regard to cardiovascular problems and the development of malignancies. The findings reflect a global examination of toxic alcohol consumption, smoking, dietary/diet-inappropriate examples and low levels of actual work in the workplace. Students of particular concern is that more than 66% of the population examined formed a group described by hazardous drinking, smoking, weed consumption and undesirable eating habits, low level of actual work, great mental distress and unresolved adaptation (AHMED & Hoshyar, 2020).

This study's findings highlight a number of related to the health concern behavior of undergraduate nursing students at a Scottish and Australian HEI, as well as some similarities and contrasts. Some of the differences may be due to contrasting student financial backgrounds. For example, many junior students at Scotland HEI have modern backgrounds, many are over 25 years old and are the only person in their family to go to university. Interestingly, Australia's HEI hosts many working-class students from out-of-state schools and has high academic transfer requirements. Even so, although financial status is associated with health and health promoting behaviors, it is conceivable that differences in curriculum and course design could exacerbate add or reduce the difference (Cameron et al., 2022).

Prophylactic clinical review focuses on the prevention of medical conditions. Preventive considerations also focus on diagnosing problems before side effects or inconveniences appear whenever resilience is greatest. When we are healthy, neutralization impacts our general health and reduces the cost of medical services. The general goal of incapacity is to reduce the likelihood that an individual will become ill or die prematurely. Prophylactic clinical examination is not the only one specific goals are created by and for each individual. Targets are clearly based primarily on an individual's gambling profile, i.e. their bets favor contagion due to factors such as age, gender, genetic predisposition, lifestyle, lifestyle factors, physical and social environment (AHMED & Hoshyar, 2020).

According to the World Welfare Association, 70% to 80% of deaths in developed countries and 30% to 40% of deaths in emerging countries are due to lifestyle-related diseases. Research on happy behaviors in 35 countries shows that about 60% of people's personal satisfaction and happiness depends on their

behavior and lifestyle. people's energy and capacity to work based on personal satisfaction, efficiency and use of personal capacities comparable to health (Dargahi et al., 2022).

A study conducted in Karachi, Pakistan among medical students about their lifestyle profile. According to results of a study from Karachi medical colleges 26.5% were underweight far higher than current finding of 8.18%, same study has shown 40.2% normal weight students far less than current study finding of 70.44% ,14.8% were pre-obese lesser than current finding of 15.72%, 11.9% had fallen in class I far higher than current finding of 03.77% and 6.5% in obesity class-II far higher than 1.89% but none had BMI beyond 39.9 in accordance with current finding 32. According to a study conducted among medical students of Lahore 30.5% males and 16% females had BMI ≥ 25.0 in comparison to our findings of 25% (11 of 44) males vs. 20% (23 of 115) females with BMI ≥ 25.31 reflecting more obesity in male comparative to females but comparatively lower obesity prevalence trend in males and increase in obesity prevalence trend in female medical student (Khan & Siddique 2022).

In many countries, different examinations are carried out to check the health related lifestyle of nursing students. Nowadays, smoking is an extremely normal gaming behavior of university students. In Europe and Italy, there is almost no information on the prevalence of smoking among clinical students. It details the average smoking prevalence among European adolescents as 30%. In a 2019 meta-review, reported a 21% success rate using smoking cessation mediation. Behavioral, pharmacological, or strategic mediation may have positive outcomes in smoking cessation among healthcare professionals, preferably if mixed approaches are offered. The still high percentage of smokers in our target population (about 25%) can be explained by incompetent health improvement programs in college courses and pressure/pressure learning increases throughout the course by providing support and data to students considering dropping out and helping inspired people quit (Garzillo et al., 2022).

As a result of an individual's financial situation, family resources, or other factors, public health crises may amplify inequalities that already exist within certain populations. This is evidenced by the differences in estimates for university students who relocated versus those who did not. These disparities, in turn, are well-known risk factors for the onset and severity of mental disorders. Importantly, moving from high school to college is a significant life change in and of itself, and it can be stressful and lead to adjustment issues (Husky et al., 2020).

Methodology

Study design:

A descriptive cross-sectional study is being conducted to identify the health concern factors that influence nursing students risky behavior and lifestyle choices.

Study setting:

Study will be conducted at LSN in University of Lahore, Pakistan.

Duration of Study:

The study was taken approximately 4 months to complete i.e. from September 2022 to January 2023.

Study population:

BSN program included 4th year and 2nd year students from University of Lahore, Pakistan was selected for the Study population.

Sample Size:

Formula: $n = N / 1 + Ne^2$

Error margin $e = 5\%$

Total Population $N = 151$

Confidential Interval = 95%

By using Slovin's Formula, the sample size was concluded as 109.

Sampling techniques:

A convenient sampling technique was used in the study.

Eligible criteria:**Inclusion criteria:**

- Students of Bachelor degree program (4th and 2nd year) from Lahore School of Nursing, University of Lahore, Pakistan was involved in this study.
- Both male and female undergraduate students from Lahore School Nursing can participate in this study.
- Those students who are willing to participate in research study.

Exclusion criteria:

- Those Undergraduate nursing students of Lahore School of Nursing, University of Lahore was excluded from the study who do not show willingness to participate.
- Those students were excluded who will be absent on data collection time.

Study tools:

The questionnaires consisted of 2 parts. The first section included 4 questions on demographics, the second was the health concern lifestyles 24 questions for nursing students. On this 24 items scale, answers were Never, sometimes, often, routinely. A correct answers yielded mark as routinely 4, often 3, sometimes 2, and never 1. A Likert scale was used with 4 possible responses, never, sometimes, often, routinely. If participant was given correct respond more than 67 out of 96 (>70%) was considered as having healthy lifestyles. If participant was given respond less than 67 out of 96 (< 70%) was considered as having unhealthy lifestyles.

- A person with score >70% indicate healthy lifestyles
- A person with the score <70% indicate unhealthy lifestyles

Data Collection Plan:

For data collection, adopted Questionnaires from an article along with attached consent form was given to the participants. Participant was read and sign the consent form first and then fill the questionnaires related to the health promoting lifestyles among nursing students. Data was collected in Lahore School of Nursing, University of Lahore, Pakistan from nursing students who meet the inclusion criteria for this study. Each participant was given enough time to fill the questionnaires. Each participant was given at least 15 minutes to fill the questionnaires.

Ethical considerations:

- Permission letter for data collection was signed from HOD of Lahore School of Nursing, University of Lahore, Pakistan before data collection from nursing students.
- Consent was signed from each participant before data collection.
- All nursing students of Bachelor program from Lahore School of Nursing was have the opportunity to take part in this research project, and no one was forced to take part in this study.
- Confidentiality of the participants was assured.

Results

The findings of this study are included in this chapter. It contains Two sections. First one contains demographics characteristics of participant. Section two included the health promoting lifestyles of nursing students.

Section 1:

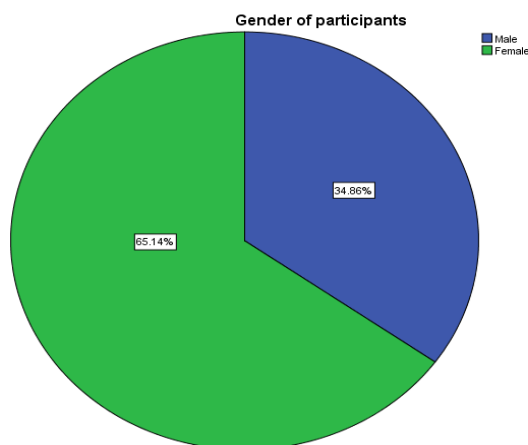
This section include the demographic data in which there are total 109 participant in which the first part describe the gender in which there are 38 male (34.9%) and the females are 71(65.1%) in the second part

the residence in which rural are 29 (26.6%) and urban are 80 (73.4%). There are two levels of study second year 61(56%) and fourth year 48 (44%). There are 4 levels of BMI in which nursing students categorized Underweight level 17(15.6%), Over weight level 25(22.9%), Normal level 66 (60.6%), Obese level 1(0.9%).

Section 1:

Table 1: Demographic data

Characteristics	Numbers (n) frequency (%)
Gender male female	38 (34.9%) 71(65.1%)
Residence Rural Urban	29 (26.6%) 80 (73.4%)
Level of Study 2- Year 4- Year	61 (56%) 48 (44%)
BMI of nursing students Underweight level Over weight level Normal level Obese level	17(15.6%) 25(22.9%) 66 (60.6%) 1(0.9%)



Section 2:

Table 2: Questionnaire

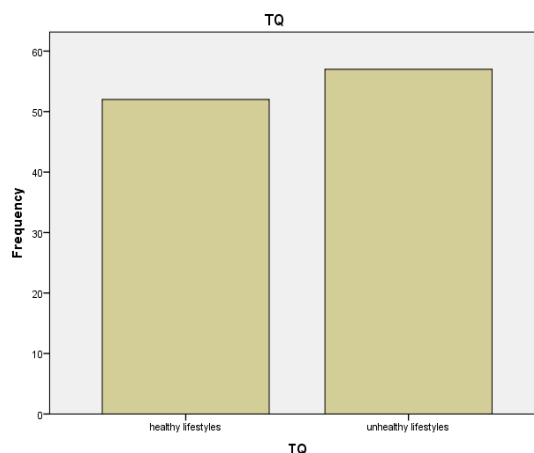
In this section the healthy and unhealthy lifestyles are described according to participants responds. The study shows that 52(47.7)% students have healthy lifestyles out of 109. The study also shows that 57(52.3)% students have unhealthy lifestyles out of 109. Most of them having healthy lifestyles but many students have unhealthy lifestyles and unhealthy habits with health concern risk behaviors. Furthermore, table 2 describes in detail the components of the health-promoting lifestyle of nursing students based on six dimensions. It is known that on the health responsibility indicator, the highest routine behavior is shown in consultation and getting opinions on health conditions from nursing students.

SR#	Health promoting lifestyles indicators	Never f%	Sometime f%	Often f%	Routinely f%
1	Report any symptoms to health provider	15(13.5)%	43(39.4)%	27(24.8)%	24(22.0)%
2	Read or watch health information to improving health	5(4.6)%	32(29.4)%	47(43.1)%	25(22.9)%
3	Active to seek guidance or counseling necessary	3(2.8) %	35(32.1)%	34(31.2)%	37(33.9)%
4	Talk about health concerns with health professionals	4(3.7) %	34(31.2)%	35(32.1)%	36(33.0)%
5	Get exercise during the usual daily activities	3(2.8)%	34(31.2)%	35(32.1)%	37(33.9)%
6	Participate in light to moderate physical activity	3(2.8)%	38(34.9)%	33(30.3)%	35(32.1)%
7	Follow a planned workout program	6(5.5)%	29(26.6)%	38(34.9)%	36(33.0)%
8	Provide in self leisure-time	6(5.5)%	33(30.3)%	30(27.5)%	40(36.7)%
9	Read labels to identify nutrients	6(5.5)%	26(23.9)%	41(37.6)%	36(33.0)%
10	Eat 3-5 servings of vegetables varies per day	9(8.3)%	25(22.9)%	41(37.6)%	33(30.3)%
11	Eat only 2-3 servings of protein group each day	5(4.6)%	48(44.0)%	25(22.9)%	31(28.4)%

12	Eat 2-3 servings of milk, yogurt or cheese each day	3(2.8)%	31(28.4)%	53(48.6)%	22(20.2)%
13	Feel growing and changing in positive ways	3(2.8)%	36(33.0)%	38(34.9)%	32(29.4)%
14	Looking forward to the future	5(4.6)%	28(25.7)%	39(35.8)%	37(33.9)%
15	Feel satisfied and peace with yourself	3(2.8)%	36(33.0)%	41(37.6)%	29(26.6)%
16	Expose to new experiences and challenges	4(3.7)%	35(32.1)%	42(38.5)%	28(25.7)%
17	Praise others for their achievements easily	5(4.6)%	27(24.8)%	41(37.6)%	36(33.0)%
18	Find ways to identify love needs	4(3.7)%	37(33.9)%	29(26.6)%	39(35.8)%
19	Easy to show concern, love and warmth to others	2(1.8)%	37(33.9)%	47(43.1)%	23(21.1)%
20	Discuss problems and concerns with people	1(0.9)%	37(33.9)%	36(33.0)%	35(32.1)%
21	Get enough sleep each day	5(4.6)%	34(31.2)%	33(30.3)%	37(33.9)%
22	Take some time for relaxation per day	2(1.8)%	29(26.6)%	35(32.1)%	43(39.4)%
23	Use specific methods to control of stress	3(2.8)%	33(30.3)%	37(33.9)%	36(33.0)%
24	Balance time between study and play	6(5.5)%	36(33.0)%	32(29.4)%	35(32.1)%

Tq (Total Questions)

	Frequency	Percent	Valid Percent	Cumulative Percent
Healthy lifestyles	52	47.7	47.7	47.7
Unhealthy lifestyles	57	52.3	52.3	100.0
Total	109	100.0	100.0	



This is graphically representation of healthy and unhealthy lifestyles of nursing students. The study shows that 52(47.7)% nursing students have healthy lifestyles and 57(52.3)% nursing students have unhealthy lifestyles.

Discussions

Healthy living practices have a significant impact on extending and improving quality of life, as well as lowering high health expenses and increasing disease prevention skills. According to research, people who exercise often and well will have better health and a better lifestyle. Health-promoting habits are a unique and significant topic to explore in the nursing profession. If health-related habits and lifestyles are ignored, it can result in a decrease in the quality of life and lifespan of persons. In this study, nursing students have a high idea of a health-promoting lifestyle, which is backed by high exposure to health information and simple access to adequate health literacy, as well as the skills of young people in accessing information in this digital era. The level of health literacy can help people choose a healthy or health-promoting lifestyle, as well as increase public awareness in devising suitable health interventions for young adults. This study has some good points because it is the first to assess health-promoting lifestyles of nursing students, which is a serious issue that is changing many lives due to the high incidence of bad habits and risk behaviours toward health. Despite the fact that the majority of the students were healthy. Several studies have shown that access to health services is easier in urban regions than in rural areas, and that awareness and desire for healthy living are higher in urban areas, therefore urban students are more used to a healthy lifestyle. This is also contrary to several studies on people's health status and lifestyles conducted in urban and rural areas; it is known that people in rural areas have healthier lifestyles such as physical activity and the availability of healthy food, but there is a challenge that is access to better health services. Difficult, so more research is needed to compare the quality of life of nursing students at the university level.

Conclusion

According to the results of this study university students are leading unhealthy lifestyles, with a high prevalence of unhealthy eating habits and low levels of physical activity. Programs that promote health for university students are of the most important because they may aid in the formation of healthy habits that last a lifetime. Our findings highlight the need for additional research into the opportunities and challenges associated with a healthy lifestyle at universities. In addition, it is essential to develop counseling services and curriculums that provide nursing students with the information, support, and self-assurance they require to make informed health decisions. The lack of health-conscious habits and healthy lifestyles among nursing students. Healthy habits and lifestyles choices can make a big difference in Pakistan

Recommendations:

Health promoting lifestyles and health concern habits are very important competency for students and nurses in hospital. Educational training programs about healthy lifestyles should be there. Training should be given to the students and nurses about health concern behaviors and habits toward healthy lifestyles. To develop counseling services and curriculums that provide nursing students with the information, support, and self-assurance they require to make informed health decisions. Applications like 'Healthy University' and 'Universities Humanizing Health' are also suggested to enhance health lifestyle awareness of students.

Limitations:

- Firstly, this study was done in just one private university so it cannot generalize that all Pakistan's students have the same level of healthy Lifestyles.

- Secondly, this study computed and analyzed student's health concern habit's and behaviors.
- Lastly, it's a cross-sectional study the association between variables does not show a causal relationship.

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