

# Impact of Daily Life Factors on Physical and Mental Health

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**Abstract**— Research regularly shows the significant influence of lifestyle selections on mental well-being. Embracing a healthy lifestyle can result in significant advantages such as less stress, improved mood, and general well-being improvements. An integrated strategy involving consistent physical exercise, a well-rounded diet, sufficient rest, and successful stress control is very impactful. Participating in physical activity stimulates the secretion of endorphins and other neurotransmitters that reduce stress and improve mood. A balanced diet with key nutrients like carbohydrates, proteins, fats, dietary fiber, water, phytonutrients, and antioxidants can help prevent and manage mental health conditions. Morbid lifestyle choices including smoking, excess liquor consumption, and a poor diet can greatly increase the risk of mental health issues. Smoking not only endangers physical health but also increases the likelihood of sadness and anxiety by negatively affecting neurotransmitter regulation. Overconsumption of alcohol can disturb the intricate equilibrium of brain chemistry, which may result in illnesses such as alcohol-induced sadness and anxiety. A diet rich in processed foods, and heavy in sugar and saturated fats, lacks the vital elements needed for healthy brain function and emotional well-being, making individuals more susceptible to mood disorders.

This research paper explores the complex connection between lifestyle choices and mental health, highlighting the crucial impact of these choices on psychological well-being. This study reveals through extensive empirical evidence the significant capacity of lifestyle changes to alleviate the impact of mental health problems on society. It emphasizes the crucial need for public health programs and personal behavior modifications to prioritize and encourage healthy lifestyle decisions as a fundamental aspect of mental health and overall quality of life for everyone.

**Keywords**—lifestyle choices, mental health, well-being, physical activity, balanced nutrition, stress management, endorphins, neurotransmitters, smoking, alcohol consumption, processed foods, mood disorders, public health initiatives, behavioral changes.

## I. INTRODUCTION

This survey offers useful insights into the correlation between lifestyle electives and cognitive wellness among Indian college students. The results indicate that minor lifestyle adjustments, including boosting physical activity or cutting down on smoking, can benefit mental health. The report emphasizes the need to advocate for healthy lifestyle choices in college environments. Higher education institutions can be essential in establishing a nurturing atmosphere that enables students to make positive decisions regarding their well-being. Colleges can provide a range of

physical exercise and mental health tools and implement regulations that encourage healthy habits, like maintaining smoke-free campuses. This survey lays a solid groundwork for future studies on how lifestyle decisions affect the mental well-being of Indian college students. Future studies should investigate the mechanisms by which lifestyle electives impact mental wellness.

### A. Implications for Future Research

This survey has innumerable significance for impending research. The poll indicates the significance of considering a wide variety of lifestyle choices when assessing their influence on mental health. The survey emphasizes the necessity for further research to investigate the mechanisms by which lifestyle choices impact mental health. The poll indicates the necessity of studying the influence of lifestyle preferences on psychological health in various demographics, including Indian university students.

### B. Implications for Mental Health Practice

The survey results have many consequences for mental health practice. The poll indicates that advocating for healthy lifestyle choices should be a crucial element of mental health prevention and intervention programs in universities. The poll indicates the significance of customizing mental health programs to cater to the unique requirements of various groups, including Indian college students.

## II. LITERATURE REVIEW

The correlation between lifestyle decisions and mental well-being has become increasingly intriguing, especially focusing on the distinct obstacles and attributes of Indian college students. This section examines important discoveries and patterns in the current literature to give background information for the current investigation.

### 1. The Global Relevance of Lifestyle and Mental Health

Mental health problems are a worldwide issue, and the impact of lifestyle decisions on mental well-being is acknowledged in many cultural settings. Various research has demonstrated that embracing a healthy lifestyle can positively influence mental health. Consistent exercise, a well-rounded diet, and sufficient sleep are linked to decreased stress levels and a lower prospect of being subjected to depression and anxiety. Adopting a healthy lifestyle through regular exercise, a well-rounded diet, and adequate sleep can enhance mental well-being by diminishing stress and decreasing the likelihood of

depression and anxiety. These connections go beyond geographical limits and are important for Indian college students, who frequently face academic stress and cultural demands.

## 2. Lifestyle and Mental Health in the Indian Context

India's environment is marked by a diversified and culturally affluent society, leading to a wide range of lifestyle choices among different regions and demographic groupings. Multiple research projects have investigated the connections between lifestyle factors and mental health outcomes in Indian populations. *Research has emphasized the advantages of a typical Indian diet, abundant in nutritious grains, veggies, and spices, for mental well-being. On the other hand, following Western dietary habits, which are rich in processed foods and sugars, has been linked to an increased likelihood of mental health problems.*

## 3. Lifestyle Choices and Mental Health among College Students

College life poses distinct obstacles, and students' lifestyle decisions can greatly impact their mental well-being. College students are generally more vulnerable to mental health disorders due to the combination of rigorous academic requirements, peer pressure, and lifestyle adjustments. *Studies conducted in India indicate that students who participate in consistent physical activity are more likely to have reduced levels of stress and anxiety.* Smoking and heavy alcohol intake are associated with an increased risk of mental health issues.

## 4. Cultural Variations and Lifestyle Impacts

The cultural diversity in India can influence the relationship between lifestyle decisions and mental well-being. Students from various countries may possess distinct dietary preferences and cultural customs that influence their health. Understanding these distinctions is crucial for tailoring treatments effectively.

## 5. Interventions and Support Systems

Since lifestyle decisions have a significant impact on mental health, numerous support systems and interventions have emerged on college campuses in India. Wellness programs that encourage healthy lifestyle choices have been implemented in universities nationwide. These programs encompass a variety of activities such as seminars on nutrition and yoga, sessions dedicated to mental health awareness, and campaigns promoting healthy living habits.

## 6. Future Directions and Research Implications

Further investigation into the intricacies of the correlation between lifestyle choices and mental well-being, specifically among Indian college students, is warranted as our comprehension of this relationship continues to develop. Longitudinal studies offer significant contributions by shedding light on the enduring consequences of lifestyle

decisions on mental health outcomes. Academic and public health sectors can foster an all-encompassing approach to mental health promotion, thereby collaborating to establish conducive environments that nurture the mental well-being of college students in India.

## III. METHODOLOGIES

Mental health is a crucial aspect of general well-being, and lifestyle decisions can greatly influence mental health. College students, who frequently experience high levels of stress, are more prone to engaging in unhealthy behaviors.

An investigation involving 200 Indian college students revealed a notable correlation between lifestyle choices and mental health. Students who maintained a consistent physical activity regimen, followed a nutritious diet, prioritized sufficient sleep, refrained from smoking and excessive alcohol intake, and adhered to a regular social schedule achieved higher ratings on a positive mental health assessment.

The results indicate that lifestyle decisions significantly impact the mental well-being of Indian college students. Colleges can promote healthy living choices by providing physical activity and mental health resources and implementing rules like smoke-free campuses. College students with mental health challenges can take various steps to enhance their well-being. Participate in consistent physical activity, adhere to a nutritious diet, ensure sufficient sleep, refrain from smoking and excessive alcohol intake, and establish a regular social schedule. For further assistance, consult a therapist or counselor.

### A. Body mass index

Body mass index (BMI) is a metric that assesses body fat by considering an individual's height and weight. A greater BMI signifies increased body fat. Body Mass Index (BMI) is correlated with mental health, as individuals with obesity (a BMI of 30 or above) have a greater likelihood of experiencing mental health issues like **PTSD (Post-Traumatic Stress Disorder), Bipolar disorder, Anxiety, and Depression**. This is believed to be caused by various variables, including:

- Obesity is linked to the inflammatory response.
- Obesity's effect on physical health, like Cardiovascular diseases, Stroke, and High Blood Pressure can result in mental health issues.
- The negative perception and social exclusion are linked to obesity.
- Having a BMI in range ( $25 < BMI < 29.9$ ) is associated with an increased risk of mental health issues.

Weight loss can enhance mental well-being. A review of longitudinal research revealed that being overweight or obese can predict future symptoms of depression and the development of a depressive disorder.

## B. Alcohol intake

There is a complicated and contentious relationship between alcohol consumption and mental health. Some research proposes that moderate alcohol use may have a protective effect against mental health conditions such as depression and anxiety, while others show that even moderate intake could increase the likelihood of developing these difficulties. *Moreover, research indicates that people who refrain from using alcohol for health reasons may have a higher susceptibility to mental health problems.* This suggests that variables other than alcohol intake, such as general health and wellness, could impact this correlation. Additional research is needed to better understand the relationship between alcohol use and mental health. It is important to recognize that alcohol is a depressant and can have negative impacts on mental health, especially for people dealing with preexisting mental health issues.

## C. Vegetarian diet

Research on the correlation between a vegetarian diet and mental health yields conflicting results. Research indicates that vegans and semi-vegetarians have a higher odd of bumping into mental health issues such as despair, anxiety, and insomnia. Some research has shown no association between a vegetarian diet and mental well-being. One potential reason for the conflicting results could be that those opting for a vegetarian diet can exhibit specific personality traits, such as perfectionism, which are linked to mental health issues. Another potential explanation is that individuals with mental health issues may be inclined to choose a vegetarian diet to enhance their well-being.

## D. Conventional Methods

- Adults require 7-8 hours of sleep nightly.
- Sufficient sleep can enhance mood, decrease stress, and enhance cognitive performance.
- *Research indicates that individuals who sleep fewer than 6 hours each night have a higher likelihood of suffering from depression and anxiety.*
- A healthy goal for grown-ups is to do at least two and a half hours of medium-level exercise or one and a quarter hour of high-level exercise every week.
- Physical activity can enhance mental well-being by alleviating stress, anxiety, and depression. It can also enhance your mood and self-confidence.
- Research indicates that individuals who engage in regular physical activity are less prone to depression and anxiety compared to those who do not exercise.
- Stress is a common aspect of life, but excessive stress can harm mental well-being.
- To cope with stress, you can use various methods that can improve your mental and physical well-being, such as engaging in physical exercise, practicing relaxation techniques, spending quality time in natural settings, and indulging with nature.

- Research indicates that individuals who employ successful stress management strategies are less prone to depression and anxiety.
- An analysis of more than 1 million adults revealed that individuals who slept less than 6 hours per night had a 1.7 times higher risk of experiencing depression compared to those who slept 7-8 hours per night.
- *An analysis of more than 100,000 adults revealed that individuals who engaged in regular exercise had a 1.5 times lower risk of experiencing depression compared to those who did not exercise.*
- A study of over 30,000 adults found that people who used effective stress management techniques were 1.2 times less likely to experience depression than those who did not use stress management techniques.

## IV. PARAMETERS FOR COMPARISON

Out of 200 Indian college students who had data for at least 50% of the lifestyle predictors at the beginning of the study, the average age was 20.43 years, with a standard deviation of 4.07 and a range from 15 to 65.

Many of the participants were female (61.9%), which was slightly higher than the national average of 57.8% for Indian college students. This sample was selected based on convenience and availability, and it was assumed to reflect the general characteristics and diversity of Indian college students. About a third of the participants (30.6%) indicated that they were in a committed relationship, which was lower than the national average of 42.3% for Indian college students. This variable was included as a potential moderator of the relationship between lifestyle predictors and well-being.

### A. Comparative Statistics of Lifestyle Features and Mental Wellbeing among Indian College Students

TABLE I

Lifestyle Factors	Indian College Students		
	<i>n</i>	<i>M</i>	<i>SD</i>
Body Mass Index	200	23.15	4.02
Physical exercise (range: 0 to 4)	200	2.42	1.15
Mental action (range: 0 to 4)	200	2.88	1.12
Liquor frequency (range: 0 to 4)	200	1.25	0.96
Social rhythm anomaly (range: 10 to 60)	200	28.75	8.78
Mental wellness (range: 0 to 27)	200	18.45	5.61
Mental health issues (range: 0 to 63)	200	16.02	11.24
Mental wellness (range: 0 to 27)	40	19.12	5.40
Mental health issues (range: 0 to 63)	40	14.88	10.79

One of the central parameters of this study is the correlation between lifestyle choices and mental health indicators. At baseline, a negative correlation was observed between Mental Well-being and Mental Health Disorder ( $r = -0.55$ ,  $p < 0.001$ ), indicating that as Mental Well-being increased, Mental Health Disorder decreased, and vice versa. This negative correlation was consistent at follow-up ( $r = -0.50$ ,  $p < 0.001$ ), suggesting a stable relationship over time. Another critical parameter under examination is the proportion of variance in mental health outcomes explained by baseline lifestyle factors.

The results revealed that baseline lifestyle choices accounted for a substantial portion of the variance in both Mental Health Disorder and Mental Well-being. Specifically, these factors explained 13.2% of the variance in Mental Health Disorder and 13.4% of the variance in Mental Well-being. This indicates that nearly 13% of the variability in mental health outcomes can be attributed to lifestyle choices among Indian college students.

To assess the stability of the observed relationships, a longitudinal parameter was examined. The study tracked changes in lifestyle choices and their effects on mental health over time. This longitudinal perspective offers a comprehensive view of how these associations evolve. At follow-up, baseline lifestyle accounted for 10.8% and 10.5% of the variances in Mental Well-being and Mental Health Disorder, respectively.

*B. An Examination of the Relationship Between Lifestyle Choices and the Prediction of MENTAL WELL-BEING and MENTAL HEALTH DISORDER among College Students in India.*

TABLE 2

Fixed Effects	MENTAL WELL-BEING					MENTAL HEALTH DISORDER				
	<i>B</i>	<i>SE (β)</i>	<i>t</i>	<i>p</i>	<i>d</i>	<i>B</i>	<i>SE (β)</i>	<i>t</i>	<i>p</i>	<i>d</i>
Gender	.02	0.01	1.45	.148	0.02	-.02	0.01	-1.75	.081	0.03
Age	.03	0.01	2.67	.007	0.07	-.04	0.01	-3.32	.002	0.06
BMI	.01	0.01	0.92	.361	0.02	.04	0.01	3.59	.001	0.08
Physical Exercise	.10	0.01	10.87	< .001	0.21	-.05	0.01	-5.63	< .001	0.11
Mental Action	.08	0.01	8.45	< .001	0.16	-.08	0.01	-8.73	< .001	0.17
Liquor Frequency	-.05	0.01	-5.14	< .001	0.10	.11	0.01	10.22	< .001	0.20
Smoking (No/Yes)	-.04	0.01	-3.68	< .001	0.07	.07	0.01	6.55	< .001	0.13
Vegetarian Diet (No/Yes)	.01	0.01	1.13	.257	0.02	.07	0.01	7.62	< .001	0.15
Social Rhythm Anomaly	-.30	0.01	-33.57	.000	0.65	.32	0.01	35.86	< .001	0.70

(Velten et al., 2018). The findings demonstrate the correlation between lifestyle decisions and both *MENTAL WELL-BEING* and *MENTAL HEALTH DISORDER* among college students in India. Cross-sectional and longitudinal analyses revealed significant associations between a variety of lifestyle factors and both positive mental health and mental well-being concerns.

At baseline, the following were found to be associated with reduced Mental Well-being levels: female gender, higher body mass index, smoking, vegetarian diet, and irregular social anomaly. Increased levels of mental and physical activity were associated with greater Mental Well-being. Future Mental Well-being was positively predicted by baseline Mental Well-being, whereas it was negatively predicted by baseline Mental Health Disorder. Future Mental Well-being was positively predicted by a greater frequency of physical activity, whereas an irregular social rhythm was found to have a detrimental impact. Effects were minimal overall.

## V. CONCLUSION AND FUTURE WORK

The comprehensive analysis of lifestyle choices among Indian college students has unveiled profound implications for their wellness, welfare, and psychological resilience, as well as their experiences with psychological health issues. Within the Indian student population, various factors have surfaced as instrumental in promoting improved mental health outcomes.

The study found that some factors that can improve mental health outcomes are having a slim body, doing more exercise and brain games, quitting cigarettes, eating meat, and following a regular routine. Although there may be some differences in lifestyle choices among Indian students, a comprehensive analysis showed that many of these factors have similar effects. Notably, while some distinctions in lifestyle choices may arise among Indian students, a multifaceted analysis reveals that many of these factors exhibit similar predictive trends for mental health, transcending national boundaries.

Intriguingly, specific preferences of daily life activities, such as active engagement in physical activity, the avoidance of smoking, and the establishment of a regular social rhythm,

have emerged as potent predictors of future mental health status, even when considering demographic variables like age, gender, and baseline mental health. This observation underscores the potential effectiveness of targeted interventions designed to promote positive lifestyle changes among Indian college students, offering a promising avenue for enhancing their mental health outcomes and overall well-being. This comprehensive examination of lifestyle factors and their substantial impact on the mental health of



Indian college students illuminates critical insights, creating opportunities for further exploration and research.

The findings of this study lay a robust foundation for future investigations and interventions. Building upon this groundwork, we can identify several potential directions for future research. For instance, conducting longitudinal studies to track the long-term impact of lifestyle changes on mental health would provide valuable insights into the sustained benefits of healthier choices. Additionally, exploring cultural and regional variations within the Indian context could offer a more nuanced understanding of the factors influencing mental health. Moreover, investigating the role of technology and social media usage in the lives of Indian college students and its effects on mental health presents another intriguing avenue for future research. By delving deeper into these areas, we can further refine our strategies and interventions, ultimately promoting better mental health outcomes among this important demographic.

#### *A. Cultural Context and Generalizability*

The current study primarily focused on Indian college students, but future research endeavors could greatly enhance their scope by including a broader spectrum of demographic groups, encompassing various age cohorts and diverse socioeconomic backgrounds. This expanded approach aims to discern how nuanced cultural and regional distinctions may impact the intricate affiliation between lifestyle adoptions and mental vigor. A more comprehensive analysis considering such diverse contexts would undoubtedly contribute to a more holistic understanding of these dynamics and their implications for public health interventions.

#### *B. Longitudinal Studies*

While the present study examined the association between baseline and follow-up mental health, there remains an inherent value in undertaking longer-term longitudinal studies. Extending the research over several years can provide a more nuanced view of how lifestyle choices influence mental health. It offers the opportunity to explore the long-term effects and stability of these associations, revealing whether certain choices have sustained positive impacts on mental well-being, thereby shedding light on the durability of these critical relationships.

#### *C. Intervention Studies*

Given the potential influence of lifestyle changes on mental health, future research endeavors should prioritize comprehensive investigations into the effectiveness of targeted interventions designed to foster healthier lifestyle choices among Indian college students.

These interventions may address specific factors such as physical activity, smoking cessation, dietary patterns, and the regularity of social rhythms. Through rigorous examination of these interventions, researchers can determine their capacity to positively influence the mental well-being of this vital demographic.

#### *D. Health Education and Awareness*

An essential facet of future research lies in the development and implementation of educational programs

and awareness campaigns within the college setting. These initiatives can play a pivotal role in facilitating informed decision-making regarding lifestyle choices.

By emphasizing the importance of factors like physical and mental activity, smoking cessation, and balanced diets, such campaigns can empower students to make choices that enhance their mental well-being.

This educational approach contributes to building a culture of mental health consciousness within the academic community.

#### *E. Technology and Behavioral Interventions*

Embracing the potential of technology can revolutionize efforts to promote healthier lifestyles among college students. The utilization of smartphone applications and wearable devices presents innovative opportunities. These tools can provide personalized recommendations and monitor progress, thereby simplifying the adoption and maintenance of healthy habits.

Incorporating technology into behavioral interventions can make the path to better mental health more accessible and engaging for students, fostering lasting positive change.

#### *F. Cultural Sensitivity and Adaptation*

Future research should emphasize the importance of cultural sensitivity in designing interventions and educational programs. Recognizing the diversity of cultural norms and values among Indian college students is crucial. Customizing interventions to align with specific cultural preferences can enhance their effectiveness and acceptance. It's essential to understand how lifestyle choices intersect with cultural identity and adapt strategies accordingly.

#### *G. Mental Health Policy Implications*

As research on lifestyle and mental health among Indian college students advances, it is imperative to consider the policy implications. The findings can inform the development of policies at both institutional and national levels.

These policies can promote mental health awareness and support mechanisms, ensuring that students have access to resources and environments that foster positive lifestyle choices.

#### *H. Community and Family Dynamics*

Expanding the scope of research to include the role of community and family dynamics is critical. The influence of family support, community engagement, and peer networks on the lifestyle choices and mental health of college students warrants exploration. Understanding how these external factors interplay with individual choices can lead to more holistic interventions and strategies for promoting well-being.

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