

# **Impact of Childhood Activities on Adult Health Conditions:**

## **A Retrospective Study**

### **1. Questionnaires:**

#	Question	Response Options
1	Age	_____
2	Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other
3	Current Occupation	_____
4	Current Location (district/city)	_____
5	Childhood Location	<input type="checkbox"/> Urban <input type="checkbox"/> Semi-Urban <input type="checkbox"/> Rural
6	How many hours per weekday did you play outside?	<input type="checkbox"/> <30 min <input type="checkbox"/> 30 min–1 hr <input type="checkbox"/> 1–2 hrs <input type="checkbox"/> >2 hrs
7	Did you participate in sports/physical activities?	<input type="checkbox"/> Regularly <input type="checkbox"/> Occasionally <input type="checkbox"/> Rarely <input type="checkbox"/> Never
8	How did you usually commute to school?	<input type="checkbox"/> Walk/Bicycle <input type="checkbox"/> School transport <input type="checkbox"/> Personal vehicle
9	Did you do regular household chores?	<input type="checkbox"/> Yes <input type="checkbox"/> Occasionally <input type="checkbox"/> No
10	Typical bedtime on school nights?	<input type="checkbox"/> Before 9 PM <input type="checkbox"/> 9–10 PM <input type="checkbox"/> After 10 PM
11	Did you have a fixed bedtime routine?	<input type="checkbox"/> Always <input type="checkbox"/> Sometimes <input type="checkbox"/> Never
12	Did you have trouble falling asleep regularly?	<input type="checkbox"/> Yes <input type="checkbox"/> Occasionally <input type="checkbox"/> No
13	Was there a TV or computer in your home?	<input type="checkbox"/> Yes <input type="checkbox"/> No
14	Average screen time per weekday?	<input type="checkbox"/> <30 min <input type="checkbox"/> 30 min–1 hr <input type="checkbox"/> 1–2 hrs <input type="checkbox"/> >2 hrs
15	Type of content you mostly consumed?	<input type="checkbox"/> Entertainment <input type="checkbox"/> Educational <input type="checkbox"/> Mixed
16	Frequency of home-cooked meals?	<input type="checkbox"/> Daily <input type="checkbox"/> 4–6 times/week <input type="checkbox"/> 1–3 times/week <input type="checkbox"/> Rarely
17	Frequency of fast food/junk food?	<input type="checkbox"/> Daily <input type="checkbox"/> Few times/week <input type="checkbox"/> Rarely <input type="checkbox"/> Never
18	Frequency of milk/dairy consumption?	<input type="checkbox"/> Daily <input type="checkbox"/> Few times/week <input type="checkbox"/> Rarely <input type="checkbox"/> Never
19	Sunlight exposure (play/stay outside)?	<input type="checkbox"/> Daily <input type="checkbox"/> Few times/week <input type="checkbox"/> Rarely <input type="checkbox"/> Never

#	Question	Response Options
20	Did you read, draw, or do puzzles regularly?	<input type="checkbox"/> Daily <input type="checkbox"/> Few times/week <input type="checkbox"/> Rarely <input type="checkbox"/> Never
21	Did you have close friends/playgroups?	<input type="checkbox"/> Always <input type="checkbox"/> Occasionally <input type="checkbox"/> No
22	Were you often inattentive, impulsive, or restless?	<input type="checkbox"/> Yes <input type="checkbox"/> Maybe/Not Sure <input type="checkbox"/> No
23	Did you experience bullying or social exclusion?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not Sure
24	Was there regular parental interaction (talk/play)?	<input type="checkbox"/> Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> Rarely <input type="checkbox"/> No
25	Frequent respiratory problems or asthma?	<input type="checkbox"/> Yes <input type="checkbox"/> Occasionally <input type="checkbox"/> No
26	Diagnosed or suspected speech/language delay?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not Sure
27	Ever hospitalized during childhood?	<input type="checkbox"/> Yes <input type="checkbox"/> No (If yes, reason: _____)
28	Missed school often due to illness?	<input type="checkbox"/> Yes <input type="checkbox"/> Occasionally <input type="checkbox"/> No
29	Experienced trauma/stress at home?	<input type="checkbox"/> Yes <input type="checkbox"/> Maybe <input type="checkbox"/> No
30	Did you often use computer/TV/mobile lying down or with poor posture?	<input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never
31	Did you use mobile/tablet/computer before age 12?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Limited Access
32	Have you ever been diagnosed with any of the following? (Check all that apply)	<input type="checkbox"/> Obesity <input type="checkbox"/> ADHD <input type="checkbox"/> Anxiety <input type="checkbox"/> Depression <input type="checkbox"/> Scoliosis <input type="checkbox"/> Asthma <input type="checkbox"/> Sleep Disorder <input type="checkbox"/> Vitamin D Deficiency <input type="checkbox"/> Speech/Language Delay (Childhood) <input type="checkbox"/> Postural Issues/Chronic Back Pain <input type="checkbox"/> Allergies <input type="checkbox"/> Carpal Tunnel Syndrome
33	Are you currently taking regular medication?	<input type="checkbox"/> Yes (Specify): _____ <input type="checkbox"/> No
34	Is there a family history of any above conditions?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not Sure

## 2. Some related work

Paper Title	Year	Research Location	Outcome	Paper Type & Quality	Link
Promoting Healthy Practices Among Schools and Children in Rural Bangladesh: A Randomised Controlled Trial of Skill-Based Health Education	2024	Jhenaidah District, Bangladesh	Improved school hygiene, child handwashing, and dental care practices	Peer-reviewed journal (BMC Public Health)	<a href="#">Link</a>
Exploring the Prevalence and Social Determinants of ADHD and Comorbidities Among Urban School-Aged Children in Bangladesh	2024	Khulna and Jashore, Bangladesh	High prevalence of ADHD with comorbidities; impact of socioeconomic factors	Peer-reviewed journal (Asia Pacific Journal of Medical Innovations)	<a href="#">Link</a>
Association of Sleep Duration and Sleep Quality with Overweight/Obesity Among Adolescents of Bangladesh: A Multilevel Analysis	2022	Gazipur, Bangladesh	Association between sleep patterns and obesity in adolescents	Peer-reviewed journal (BMC Public Health)	<a href="#">Link</a>
Clustering of Health Risk Behaviors Among School-Going Adolescents in Mymensingh District, Bangladesh	2023	Mymensingh District, Bangladesh	Identification of health risk behavior clusters among adolescents	Peer-reviewed journal (BMC Public Health)	<a href="#">Link</a>
Does Community Facility Play a Vital Role on Nutrition Status of Under-Five Children in Bangladesh?	2017	Bangladesh (National Survey)	Impact of community facilities on child nutrition status	Peer-reviewed journal (Dhaka University Journal of Science)	<a href="#">Link</a>
Association Between Mother's Work Status and Child Stunting in Urban Slums: A Cross-Sectional Assessment of 346 Child-	2022	Dhaka, Bangladesh	Influence of maternal employment on	Peer-reviewed journal (Archives of Public Health)	<a href="#">Link</a>

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Mother Dyads in Dhaka, Bangladesh			child stunting in urban slums		
Night Eating Syndrome Among University Students in Bangladesh: Investigation of Prevalence and Associated Factors	2023	Multiple Divisions, Bangladesh	Prevalence and factors associated with night eating syndrome in university students	Peer-reviewed journal (Journal of Affective Disorders)	<a href="#">Link</a>
Carer Involvement with Children and Child-Friendly Book Ownership in Bangladesh	2023	Bangladesh (National Survey)	Association between carer involvement, book ownership, and child development	Peer-reviewed journal (Children & Society)	<a href="#">Link</a>

### 3. Key comparison:

Paper Title (Existing Research)	Outcome/Focus of the Study	Comparison to Your Research Focus
<b>Promoting Healthy Practices Among Schools and Children in Rural Bangladesh: A Randomised Controlled Trial of Skill-Based Health Education</b>	Focus on hygiene and dental care practices in children	This is more about <b>preventive health</b> (hygiene) in children, but it indirectly connects to your research focus on childhood activities. However, it doesn't directly correlate with predicting <b>adult health outcomes</b> .
<b>Exploring the Prevalence and Social Determinants of ADHD and Comorbidities Among Urban School-Aged Children in Bangladesh</b>	Examines ADHD and associated comorbidities in children	<b>Directly related</b> to ADHD in children, which may align with your goal to predict <b>ADHD</b> in adulthood based on childhood social and environmental factors.

Paper Title (Existing Research)	Outcome/Focus of the Study	Comparison to Your Research Focus
<b>Association of Sleep Duration and Sleep Quality with Overweight/Obesity Among Adolescents of Bangladesh: A Multilevel Analysis</b>	Examines sleep duration and obesity among adolescents	<b>Directly related</b> to your focus on <b>obesity</b> and <b>sleep disorders</b> in childhood, which can be predictive of adult health outcomes like obesity.
<b>Clustering of Health Risk Behaviors Among School-Going Adolescents in Mymensingh District, Bangladesh</b>	Identifies clusters of health risk behaviors among adolescents	<b>Indirectly related</b> – clusters of <b>health risk behaviors</b> (including physical inactivity, poor diet, etc.) could be predictive of health conditions like <b>obesity, anxiety, or postural problems</b> in adulthood.
<b>Does Community Facility Play a Vital Role on Nutrition Status of Under-Five Children in Bangladesh?</b>	Focus on community impact on child nutrition	This study is focused on <b>childhood nutrition</b> ; while it doesn't directly predict adult health, <b>poor childhood nutrition</b> may contribute to <b>adult obesity</b> or <b>vitamin-D deficiency</b> , which are part of your research.
<b>Association Between Mother's Work Status and Child Stunting in Urban Slums: A Cross-Sectional Assessment of 346 Child-Mother Dyads in Dhaka, Bangladesh</b>	Focus on maternal employment's impact on child stunting	<b>Indirectly related</b> – This study's focus on <b>stunting</b> (which can contribute to later health conditions) is important, but doesn't directly address your <b>health outcomes</b> like <b>ADHD</b> or <b>sleep disorders</b> .
<b>Night Eating Syndrome Among University Students in Bangladesh: Investigation of Prevalence and Associated Factors</b>	Examines night eating syndrome among university students	<b>Indirectly related</b> – It looks at night eating syndrome, which can contribute to <b>obesity</b> or <b>sleep disorders</b> in adulthood.
<b>Carer Involvement with Children and Child-Friendly Book Ownership in Bangladesh</b>	Focus on child development through	This study is about <b>cognitive development</b> rather than physical health outcomes, but could connect

Paper Title (Existing Research)	Outcome/Focus of the Study	Comparison to Your Research Focus
	carer involvement and book ownership	to your goal indirectly by looking at developmental factors affecting <b>mental health</b> (e.g., speech/language delay).

#### 4. Summary of Comparison:

- Several studies, like the ones on **ADHD**, **sleep patterns**, and **obesity** in children, align quite well with your research focus, particularly in terms of predicting specific **adult health conditions**.
- The **nutrition** and **hygiene** studies indirectly relate to health conditions like **obesity** or **vitamin D deficiency**, which are part of your focus.
- Most studies currently focus on children or adolescents, but few explore the **longitudinal impact** into adulthood, which would be a key **novelty** of your research.

#### 5. Summary of Your Research's Significance:

- **Fills a gap** in long-term health research, especially in Bangladesh.
- Provides insights for **preventive healthcare**.
- Offers a **comprehensive, predictive model** for adult health conditions based on childhood activities.
- Informs **public health policies** and **community interventions**.
- Raises awareness about the importance of **early-life habits** for lifelong health.