**Impact of Childhood Activities on Adult Health Conditions: A Retrospective Study**

# **Questionaries:**

| **#** | **Question** | **Response Options** |
| --- | --- | --- |
| **1** | Age | \_\_\_\_\_\_ |
| **2** | Gender | ☐ Male ☐ Female ☐ Other |
| **3** | Current Occupation | \_\_\_\_\_\_ |
| **4** | Current Location (district/city) | \_\_\_\_\_\_ |
| **5** | Childhood Location | ☐ Urban ☐ Semi-Urban ☐ Rural |
| **6** | How many hours per weekday did you play outside? | ☐ <30 min ☐ 30 min–1 hr ☐ 1–2 hrs ☐ >2 hrs |
| **7** | Did you participate in sports/physical activities? | ☐ Regularly ☐ Occasionally ☐ Rarely ☐ Never |
| **8** | How did you usually commute to school? | ☐ Walk/Bicycle ☐ School transport ☐ Personal vehicle |
| **9** | Did you do regular household chores? | ☐ Yes ☐ Occasionally ☐ No |
| **10** | Typical bedtime on school nights? | ☐ Before 9 PM ☐ 9–10 PM ☐ After 10 PM |
| **11** | Did you have a fixed bedtime routine? | ☐ Always ☐ Sometimes ☐ Never |
| **12** | Did you have trouble falling asleep regularly? | ☐ Yes ☐ Occasionally ☐ No |
| **13** | Was there a TV or computer in your home? | ☐ Yes ☐ No |
| **14** | Average screen time per weekday? | ☐ <30 min ☐ 30 min–1 hr ☐ 1–2 hrs ☐ >2 hrs |
| **15** | Type of content you mostly consumed? | ☐ Entertainment ☐ Educational ☐ Mixed |
| **16** | Frequency of home-cooked meals? | ☐ Daily ☐ 4–6 times/week ☐ 1–3 times/week ☐ Rarely |
| **17** | Frequency of fast food/junk food? | ☐ Daily ☐ Few times/week ☐ Rarely ☐ Never |
| **18** | Frequency of milk/dairy consumption? | ☐ Daily ☐ Few times/week ☐ Rarely ☐ Never |
| **19** | Sunlight exposure (play/stay outside)? | ☐ Daily ☐ Few times/week ☐ Rarely ☐ Never |
| **20** | Did you read, draw, or do puzzles regularly? | ☐ Daily ☐ Few times/week ☐ Rarely ☐ Never |
| **21** | Did you have close friends/playgroups? | ☐ Always ☐ Occasionally ☐ No |
| **22** | Were you often inattentive, impulsive, or restless? | ☐ Yes ☐ Maybe/Not Sure ☐ No |
| **23** | Did you experience bullying or social exclusion? | ☐ Yes ☐ No ☐ Not Sure |
| **24** | Was there regular parental interaction (talk/play)? | ☐ Yes ☐ Sometimes ☐ Rarely ☐ No |
| **25** | Frequent respiratory problems or asthma? | ☐ Yes ☐ Occasionally ☐ No |
| **26** | Diagnosed or suspected speech/language delay? | ☐ Yes ☐ No ☐ Not Sure |
| **27** | Ever hospitalized during childhood? | ☐ Yes ☐ No (If yes, reason: \_\_\_\_\_\_\_) |
| **28** | Missed school often due to illness? | ☐ Yes ☐ Occasionally ☐ No |
| **29** | Experienced trauma/stress at home? | ☐ Yes ☐ Maybe ☐ No |
| **30** | Did you often use computer/TV/mobile lying down or with poor posture? | ☐ Often ☐ Sometimes ☐ Never |
| **31** | Did you use mobile/tablet/computer before age 12? | ☐ Yes ☐ No ☐ Limited Access |
| **32** | Have you ever been diagnosed with any of the following? *(Check all that apply)* | ☐ Obesity ☐ ADHD ☐ Anxiety ☐ Depression ☐ Scoliosis ☐ Asthma ☐ Sleep Disorder ☐ Vitamin D Deficiency ☐ Speech/Language Delay (Childhood) ☐ Postural Issues/Chronic Back Pain ☐ Allergies ☐ Carpal Tunnel Syndrome |
| **33** | Are you currently taking regular medication? | ☐ Yes (Specify): \_\_\_\_\_\_\_\_\_\_\_ ☐ No |
| **34** | Is there a family history of any above conditions? | ☐ Yes ☐ No ☐ Not Sure |

# **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) | [Link](https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-024-20787-0) |
| 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) | [Link](https://apjmi.org/index.php/apjmi/article/view/10) |
| 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) | [Link](https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-022-12774-0) |
| 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) | [Link](https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-023-16766-6) |
| 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) | [Link](https://www.banglajol.info/index.php/DUJS/article/view/54502) |
| Association Between Mother’s Work Status and Child Stunting in Urban Slums: A Cross-Sectional Assessment of 346 Child-Mother Dyads in Dhaka, Bangladesh | 2022 | Dhaka, Bangladesh | Influence of maternal employment on child stunting in urban slums | Peer-reviewed journal (Archives of Public Health) | [Link](https://archpublichealth.biomedcentral.com/articles/10.1186/s13690-022-00948-6) |
| 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) | [Link](https://www.journals.elsevier.com/journal-of-affective-disorders) |
| 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) | [Link](https://onlinelibrary.wiley.com/doi/full/10.1111/chso.12594) |

# **Key comparison:**

| **Paper Title (Existing Research)** | **Outcome/Focus of the Study** | **Comparison to Your Research Focus** |
| --- | --- | --- |
| **Promoting Healthy Practices Among Schools and Children in Rural Bangladesh: A Randomised Controlled Trial of Skill-Based Health Education** | Focus on hygiene and dental care practices in children | This is more about **preventive health** (hygiene) in children, but it indirectly connects to your research focus on childhood activities. However, it doesn't directly correlate with predicting **adult health outcomes**. |
| **Exploring the Prevalence and Social Determinants of ADHD and Comorbidities Among Urban School-Aged Children in Bangladesh** | Examines ADHD and associated comorbidities in children | **Directly related** to ADHD in children, which may align with your goal to predict **ADHD** in adulthood based on childhood social and environmental factors. |
| **Association of Sleep Duration and Sleep Quality with Overweight/Obesity Among Adolescents of Bangladesh: A Multilevel Analysis** | Examines sleep duration and obesity among adolescents | **Directly related** to your focus on **obesity** and **sleep disorders** in childhood, which can be predictive of adult health outcomes like obesity. |
| **Clustering of Health Risk Behaviors Among School-Going Adolescents in Mymensingh District, Bangladesh** | Identifies clusters of health risk behaviors among adolescents | **Indirectly related** – clusters of **health risk behaviors** (including physical inactivity, poor diet, etc.) could be predictive of health conditions like **obesity, anxiety, or postural problems** in adulthood. |
| **Does Community Facility Play a Vital Role on Nutrition Status of Under-Five Children in Bangladesh?** | Focus on community impact on child nutrition | This study is focused on **childhood nutrition**; while it doesn't directly predict adult health, **poor childhood nutrition** may contribute to **adult obesity** or **vitamin-D deficiency**, which are part of your research. |
| **Association Between Mother’s Work Status and Child Stunting in Urban Slums: A Cross-Sectional Assessment of 346 Child-Mother Dyads in Dhaka, Bangladesh** | Focus on maternal employment's impact on child stunting | **Indirectly related** – This study's focus on **stunting** (which can contribute to later health conditions) is important, but doesn't directly address your **health outcomes** like **ADHD** or **sleep disorders**. |
| **Night Eating Syndrome Among University Students in Bangladesh: Investigation of Prevalence and Associated Factors** | Examines night eating syndrome among university students | **Indirectly related** – It looks at night eating syndrome, which can contribute to **obesity** or **sleep disorders** in adulthood. |
| **Carer Involvement with Children and Child‐Friendly Book Ownership in Bangladesh** | Focus on child development through carer involvement and book ownership | This study is about **cognitive development** rather than physical health outcomes, but could connect to your goal indirectly by looking at developmental factors affecting **mental health** (e.g., speech/language delay). |

# **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.

# **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.