

BEHAVIOURAL, PSYCHOSOCIAL AND LIFE-STYLE RISK FACTORS IN A SAMPLE OF SLOVAK ADOLESCENTS

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The study is based on a bilateral US-Slovak project to evaluate the impact of selected behavioural, psychological and socioeconomic factors on adolescent health in the Bratislava agglomeration. Special attention is paid to the use of selected IT devices (TV, computers, personal music players - PMP). There were 2,384 questionnaires distributed in total (798 for students + 1,586 for parents), the response rate was (64% + 46%). The data from 525 students (185 boys) attending 8 secondary schools in Bratislava, aged 15-20 years are presented. The survey was anonymous and voluntary, approved by Ethical Committee of Faculty of Medicine Comenius University and Faculty Hospital. The most important health risk behaviors in students' sample were identified (tobacco and alcohol use, violence, risky sexual and dietary behavior, inadequate physical activity). The prevalence of smoking in the students' sample was 19.9%; 60% of students were drinking alcohol at least once in the last month and 19.9% more than three times a month, 22.4% were exposed to physical violence. In comparison, U.S. adolescents smoke less (15.7%), drink less alcohol (50.8%), but they admit more physical violence in schools (25%). 90.9% of students listen to PMP on average 405 minutes and use mobile phone 384 minutes per week, significantly more girls. Students listening to PMP more than 200 minutes a week have a worse lifestyle and tinnitus is manifested as well. The high percentage of PC usage has been observed, especially during the weekend (72.1% more than three hours per day), and the less interest in watching TV. Later, the data from parents will be paired with students' data and analyzed. The interesting results are expected and intervention proposals suggested in the future.

Biography

Lubica Argalasova, M.D., Ph.D., M.P.H. has completed her M.D. and Ph.D. at Faculty of Medicine, Comenius University, Bratislava, Slovakia and postdoctoral studies in School of Public Health, S.U.N.Y., Albany, N.Y. USA. She is the deputy-head of the Institute of Hygiene, Faculty of Medicine, Comenius University, Bratislava. She has published more than 100 papers in reputed journals and has been serving as an editorial board member and reviewer.

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