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Eating habits, body image and health and behavioural problems of adolescents

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Data sources

This chapter provides a description of the study samples (2.1), measures (2.2) and statistical analyses (2.3) as used in this thesis.

2.1. Study samples and procedures

This thesis is based on two different samples from two surveys of the Health Behaviour in School-aged Children (HBSC) study, conducted in 2010 and 2014 in Slovakia. Sample 1, from 2010, was used in the Chapters 3 and 4, and sample 2, from 2014, in Chapters 5, 6 and 7. The studies were approved by the Ethics Committee of the Medical Faculty at Pavol Jozef Safarik University in Kosice. Parents were informed about the study via the school administration and could opt out if they disagreed with their child's participation. Participation in the study was fully voluntary and anonymous, with no explicit incentives provided for participation.

To obtain a representative sample, we used two-step sampling. Firstly, larger and smaller schools located in both rural and urban areas from all regions of Slovakia were randomly selected from a list of all eligible schools in Slovakia obtained from the Slovak Institute of Information and Prognosis for Education and were asked to participate in the study (N=134 in 2010, N=151 in 2014). The school response rates (RR) were 98.1% in 2010 and 86.1% in 2014. In the second step, we obtained data from a representative sample of adolescents from the fifth to ninth grades of elementary schools in Slovakia in the target group of 11- to 15-year-olds (N=8050 in 2010; RR: 79.5%, and N=9250 in 2014; RR: 78.8%). Non-response was mainly due to school absence because of illness or other reasons or the refusals of parents or adolescents to be involved in this study.

2.2 Measures

This section provides an overview of the variables used in this study. Brief information on the origin of the measures and a short description is provided in Table 1.

Table 1 Overview of the variables used in this thesis

Measure	Source	Role in analysis	Chapters	Short description
Food consumption frequency	HBSC 2014	Dependent	5	Indicator of unhealthy eating behaviour
Breakfast consumption	HBSC 2014	Dependent	5	Indicator of unhealthy eating behaviour
Soft drinks consumption	HBSC 2010, 2014	Independent	4, 5	Indicator of unhealthy eating behaviour
Energy drinks consumption	HBSC 2014	Independent	5, 6, 7	Indicator of unhealthy eating behaviour
Body image	HBSC 2010	Independent	3	Indicator of negative body image
Self-rated health	HBSC 2014	Dependent	6, 7	Indicator of negative health outcome
Health complaints	HBSC 2010, 2014	Dependent/moderator	4, 6	Indicator of negative health outcome
Bullying	HBSC 2010, 2014	Dependent	3, 4, 6, 7	Indicator of problem behaviour
Fighting	HBSC 2010, 2014	Dependent	4, 6, 7	Indicator of problem behaviour
Truancy	HBSC 2014	Dependent	6, 7	Indicator of negative school experience
Academic achievement	HBSC 2014	Dependent	6, 7	Indicator of negative school experience
School liking	HBSC 2014	Dependent	6, 7	Indicator of negative school experience
Alcohol consumption	HBSC 2014	Independent	7	Indicator of substance use
Drunkenness	HBSC 2014	Dependent	6	Indicator of substance use
Smoking status	HBSC 2014	Dependent	6	Indicator of substance use
Parental rules on eating	HBSC 2014	Independent	5	Indicator of the parental rule-setting on eating
Perceived family wealth	HBSC 2014	Confounder	5	Indicator of subjective socioeconomic status
Family affluence	HBSC 2010, 2014	Confounder	4, 6, 7	Indicator of socioeconomic status

2.3 Statistical analyses

Several statistical methods were used across this study. All analyses were performed using the statistical software package SPSS. Each chapter provides detailed information about the performed statistical analyses. In general, we first described the frequencies and simple prevalence rates of concerned behaviour, usually overall and split for gender or by category of this behaviour. Next, to answer the research questions of each sub-study, the associations between independent and dependent variables were computed using binary logistic or multinomial regressions, crude and adjusted for potential confounders. Potential mediating effects (Chapter 4) were assessed by mediation analyses and the use of Sobel tests. Potential synergy in joint association of variables (Chapter 7) was assessed by the synergy index using the algorithms of Andersson et al. (Andersson, Alfredsson, Källberg, Zdravkovic, & Ahlbom, 2005).

