

# Parental Involvement, Health Behaviors and Mental Health among School-going Adolescents in Six Asian Countries

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<https://doi.org/10.12982/CMUJASR.2016.0007>

## ABSTRACT

**T**he aim of this investigation was to assess the association between parental involvement, health behaviors, and mental health among adolescents in six Asian countries (Iraq, Kuwait, Malaysia, Mongolia, Philippines, and Vietnam). Using data from the cross-sectional 'Global School-Based Student Health Survey (GSHS)', 44,231 adolescents (mean age 15.1 years, SD=1.5) were assessed with a self-administered structured questionnaire. In multivariable regression, higher levels of parental involvement were positively associated with fruit and vegetable consumption and physical activity in half of the study countries, and negatively associated with bullying victimization, having been in a physical fight, loneliness, anxiety, and suicidal ideation in most countries. Parental involvement and/or support may be effective in increasing the number of positive health behaviors, including fruit and vegetable consumption, physical activity, no violent behaviors, school attendance, and mental health in this adolescent population.

**Keywords:** Parental involvement, Health risk behavior, Mental health, Adolescents, Asia