
Adolescents' health risk behaviours in the Singapore context

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Project Description:

Health risk behaviours during adolescence can influence the risk of chronic noncommunicable diseases and morbidity later in life. There is a devoid of data on adolescents' health risk behaviours in Asian populations, particularly emerging contemporary behaviours stemming from technological advances. The pathways to the development of these behaviours are also less understood. Involving youths in intervention development and implementation to better meet their needs and interests has shown to be efficacious, yet their involvement, and perspectives, motivations for these behaviours have largely been unexplored.

Adopting both qualitative and quantitative research methods, this study aims to gain insights into adolescents' perspectives of contemporary health risk behaviours that are of concern to them, understand their corresponding motivations and barriers and engage them as co-researchers to develop relevant intervention strategies. Additionally, using cohort data, statistical analyses will be conducted to investigate the antecedents and predictors of adolescents' health risk behaviours and their associations with mental and physical health outcomes.