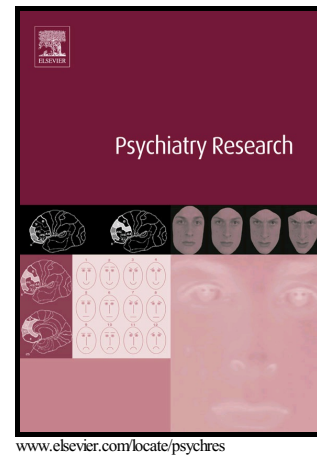


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The contribution of lifestyle factors to depressive symptoms: a cross-sectional study in Chinese college students

Ying Xu<sup>a</sup>, Juan Qi<sup>a</sup>, Xiaozhong Wen<sup>b\*</sup>, Yi Yang<sup>a\*</sup>

<sup>b</sup>Department of Epidemiology and Biostatistics, School of Public Health, Guangdong Pharmaceutical University, Guangzhou, China

<sup>b</sup>Division of Behavioral Medicine, Department of Pediatrics, School of Medicine and Biomedical Sciences, State University of New York at Buffalo, Buffalo, USA

xiaozhongwen@hotmail.com

gdpuppt@126.com

\*Corresponding authors. Division of Behavioral Medicine, Department of Pediatrics, School of Medicine and Biomedical Sciences, State University of New York at Buffalo, 3435 Main St., G56 Farber Hall, Buffalo, NY 14214-3000, USA. Tel.: 1 716 829-6811; fax: 1 716 829 3993.

\*Corresponding authors. Department of Epidemiology and Biostatistics, School of Public Health, Guangdong Pharmaceutical University, Jianghai Road 283, Haizhu District of Guangzhou, China. Tel.: 0086 135 6045 0852; fax: 0086-20 3405 5802.

### Abstract

It is well known that some lifestyle factors are related to depression, but their cumulative contribution to the depression remains unclear. This study aimed to assess the importance of multiple lifestyle factors in contributing to depressive symptoms among Chinese college students. Between September and December in 2012, we conducted a cross-sectional study among 1907 Chinese college students from Guangzhou, Southern China. College students completed self-administered questionnaires and reported their lifestyle factors including sleep quality and duration, Internet use, smoking, drinking, exercise, outdoor activity or sunlight exposure, and eating breakfast. Depression was measured using the Center for Epidemiologic Studies Depression Scale (CES-D), and mild-to-moderate depressive symptoms were defined as the CES-D score  $\geq 16$ . Among all the students, 29.7% reported mild-to-moderate depressive symptoms. Higher quality and longer duration of sleep, more exercises, more outdoor activities or sunlight exposures, and eating breakfast daily were associated with a lower CES-D score, which could explain 11.3% of variance of the CES-D score, after adjusting for

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