

عنوان مقاله:

Explanation of Depression Level Based On Lifestyle through the Mediation of Social Health and Quality Life

محل انتشار:

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خلاصه مقاله:

Introduction: This study aims to explain the depression level based on life style through the mediation of social health and quality of life. Statistical population was all persons over 18 years of Ahwaz random sampling Stage sample size were selected 383 people. Method: Research data in this study were collected by using a health promoting lifestyle questionnaire Walker and Plyrky, Keynesian public health, the World Health Organization quality of life and beck depression. 330 people had the ability to analyze the data. Research hypotheses were confirmed by using Pearson correlation path analysis and modeling. Results: The results of the hypothetical model were confirmed. The outcome of the coefficients and path analysis showed that: Lifestyle has a direct effect on depression, lifestyle through the mediation of social health and quality of life effects on depression. Conclusion: Lifestyle with mediator role of social health has an indirect role in the prevalence of depression. And lifestyle with mediator role of quality of life has an indirect role in the prevalence of depression.

کلمات کلیدی:

Lifestyle, Social Health, Quality Life, depression

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