

Table 2 Results of the principal component analysis – factor loadings for each item within identified components (concluded)

	Statement	Factor loading				
		1	2	3	4	5
42	I should be informed about possible undesired consequences of relationships with boyfriends			0.462		
43	Educational programmes should be regular and continuous			0.417		
44	I should have access to safe water				0.738	
45	I should have accesses to sports' facilities				0.704	
46	I should brush my teeth every nigh				0.650	
57	I should eat fruit and vegetables 2 to 4 times a day				0.636	
48	My environment should be clean				0.630	
49	I should not have any barriers to exercising out of the home (e.g. riding a bicycle, walking)				0.619	
50	I should eat meat and legumes 2-3 times a day				0.606	
51	I should eat milk and dairy products 1-2 times a day				0.595	
52	I should be allowed to engage in a sport if I am interested				0.594	
53	I like meals that look attractive and appetising				0.535	
54	I should eat breakfast every day				0.520	
55	I should have free meals in school				0.495	
56	I should sleep 8 hours in 24 hours				0.446	
57	I should have a bath/shower at least twice a week				0.441	
58	I need a get positive cognitive images of religion					0.672
59	I need prayer and fasting to keep me calm					0.668
60	I need God to be my haven					0.653
61	Religious issues should explained to me with reasons					0.623
62	I seek to improve my life by relying on God		0.475			0.623

^aTelevision, radio and news papers.

^bMobile telephones, Internet, etc.