

Table 3. Prevalence of health-related risk behaviours by students' characteristics, Oman

Factors	Physical inactivity		Insufficient sleep		Unhealthy dietary behaviours		Sedentary screen-based behaviour (high users > 2 hours/day)	
	No. (%)	OR (95% CI)	No. (%)	OR (95% CI)	No. (%)	OR (95% CI)	No. (%)	OR (95% CI)
Age								
Children (n = 407)	326 (80.1)	0.90 (0.61-1.43)	41 (10.1)	0.53 (0.34-0.83)	325 (79.9)	0.19 (0.10-0.35)	122 (30.0)	0.36 (0.26-0.50)
Adolescents (n = 307)	243 (79.2)	1.00	62 (20.2)	1.00	293 (95.4)	1.00	165 (53.7)	1.00
χ^2	NS		14.52***		36.54***		41.13***	
Sex								
Male (n = 400)	304 (76.0)	0.60 (0.40-0.87)	81 (20.3)	3.05 (1.83-5.07)	329 (82.3)	00.30 (0.23-1.45)	176 (44.0)	1.38 (1.00-1.89)
Female (n = 314)	265 (84.4)	1.00	22 (7.0)	1.00	289 (92.0)	1.00	111 (35.4)	1.00
χ^2	7.66***		25.00***		14.48***		5.48**	
Family income								
Low (n = 111)	87 (78.4)	0.94 (0.50-1.78)	14 (12.6)	0.61 (0.28-1.32)	96 (86.5)	0.57 (0.25-1.27)	40 (36.0)	0.78 (0.45-1.36)
Moderate (n = 342)	283 (82.7)	0.69 (0.43-1.10)	56 (16.4)	0.97 (0.57-1.97)	296 (86.5)	0.82 (0.46-1.45)	134 (39.2)	0.91 (0.62-1.33)
High (n = 261)	199 (76.2)	1.00	33 (12.6)	1.00	226 (86.6)	1.00	113 (43.3)	1.00
χ^2	NS		NS		NS		NS	
Father's education								
Elementary (n = 79)	60 (75.9)	1.40 (0.66-1.97)	12 (15.2)	0.81 (0.33-1.96)	67 (84.8)	0.57 (0.23-1.43)	28 (35.4)	1.01 (0.53-1.91)
Middle (n = 98)	85 (86.7)	0.69 (0.32-1.49)	17 (17.3)	0.93(0.42-2.05)	91 (92.9)	1.38 (0.51-3.72)	40 (40.8)	1.08 (0.61-1.91)
Secondary (n = 306)	237 (77.5)	1.49 (0.92-2.41)	48 (15.7)	1.02(0.56-1.86)	256 (83.7)	0.68 (0.38-1.22)	121 (39.5)	0.97 (0.65-1.45)
Higher education (n = 231)	187 (81.0)	1.00	26 (11.3)	1.00	204 (88.3)	1.00	98 (42.4)	1.00
χ^2	NS		NS		NS		NS	
Mother's education								
Elementary (n = 134)	101 (75.4)	0.92 (0.47-1.80)	29 (21.6)	4.58 (1.95-10.77)	121 (90.3)	2.82 (1.18-6.76)	51 (38.1)	0.74 (0.41-1.32)
middle (n = 94)	76 (80.9)	0.69 (0.35-1.39)	20 (21.3)	3.76 (1.58-8.96)	86 (91.5)	3.29 (1.31-8.24)	37 (39.4)	0.80 (0.45-1.45)
Secondary (n = 283)	241 (85.2)	0.50 (0.30-0.81)	42 (14.8)	2.56 (1.25-5.23)	247 (87.3)	1.75 (0.97-3.13)	120 (42.4)	0.97 (0.64-1.47)
Higher education (n = 203)	151 (74.4)	1.00	12 (5.9)	1.00	164 (80.8)	1.00	79 (38.9)	1.00
χ^2	10.38**		21.20***		9.51**		NS	

NS: not significant. *Significant at P < 0.1; **Significant at P < 0.05; *** Significant at P < 0.01.