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Correlates and Predictors of Depression in College Students: Results From the Spring 2000 National College Health Assessment

E. Victor Leino and Jeremy Kisch

The present analyses used depression-related items and co-factors from the National College Health Assessment (NCHA), Spring 2000. The results indicate 10.3% of college students (6.2% male and 12.6% female) reported ever having been diagnosed with depression. Of those ever diagnosed with depression, 39% were diagnosed in the last year, 27% were currently in therapy, and 34% were currently taking medication for depression. Results from the logistic regression analyses demonstrated that female, white, gay/lesbian/bisexual/transgender, or those students in an emotionally abusive relationship were predictive for having ever been diagnosed with depression and current diagnosis for depression. Results also demonstrated that health educators and student health center medical staff are rated by college students as the most believable health information. Health educators should be aware of the proportion of college students having ever been diagnosed with depression, inform students of the symptoms of depression, and encourage students to seek help from appropriate campus and community services.

The Impact of Religiosity on the Sexual Behaviors of College Students

Tina Penhollow, Michael Young and George Denny

Sexuality is considered by most religious traditions to represent general temptation, procreation or a way to strengthen emotional bonds. The purpose of this study was to determine if frequency of religious attendance and perceived degree of religiosity could distinguish between those students who have and have not participated in selected sexual behaviors. Data were collected from a convenience sample of undergraduate students (n=408) at a southeastern university. Students voluntarily completed a questionnaire in a regular classroom setting. The questionnaire elicited information regarding the frequency of attendance at religious services, perceived strength of religious feelings, perception of God's view of sex, and participation in the following sexual behaviors: sexual intercourse (ever, last year and last month), giving oral sex (ever and last month), receiving oral sex (ever and last month), and anal sex (ever). Data were analyzed using both univariate analysis (chi-square and analysis of variance) and logistic regression. Results indicated that religiosity variables, especially frequency of religious attendance and religious feelings, were significant predictors of sexual behavior. Results should be considered by those working with college students in the area of human sexuality.

Effects of a Web-Based Health Program on Fifth Grade Children's Physical Activity Knowledge, Attitudes and Behavior

Stephen Palmer, George Graham and Eloise Elliott

American children continue to be less physically active than they were a decade ago. Web-based programs (e-Learning), requiring minimal teacher training and expertise, could contribute to improvements in children's health-related knowledge, attitudes and behaviors. The purpose of this study was to evaluate the impact of the e-Learning module Healthy Hearts 4 Kids (HH) on the physical activity knowledge, attitudes and

behaviors of 233 fifth grade children. A 2x3 repeated measures design was employed and significant changes in knowledge and attitude were found upon completion of the module and also six weeks after the post-test was completed. Results of this study suggest HH could be an effective component of a coordinated school health program (CSHP).

Perceived Effectiveness among College Students of Selected Statistical Measures in Motivating Exercise Behavior

Ray M. Merrill, Amanda Chatterley and Eric C. Shields

This study explored the effectiveness of selected statistical measures at motivating or maintaining regular exercise among college students. The study also considered whether ease in understanding these statistical measures was associated with perceived effectiveness at motivating or maintaining regular exercise. Analyses were based on a cross-sectional survey of 546 students. Students identified the total number of disease cases as the most effective measure for motivating behavior change, followed by the risk ratio of developing disease, percentage of disease cases, ratio lifetime risk of developing disease, and then lethality. The ordering of these statistical measures in terms of ease in understanding was total number of disease cases, risk ratio, percentage of disease cases, ratio lifetime risk, lethality, and finally percentage lifetime risk. Students who identified total number of disease cases as the best statistical measure for motivating behavior change were also significantly more likely to identify that measure as the easiest, of those considered, to understand. Likewise, students tended to consider the statistical measure they perceived as being easiest to understand as the best measure for motivating behavior change.

Circumcision: The Good, the Bad and American Values

Mary E. Buie

National statistics estimate that 1.2 million newborn males are circumcised annually in the United States (70% to 80%). Such values as sanctity, equity, fraternity, paternity and liberty affect circumcision rates in America. The value of sanctity allows freedom of religious beliefs and traditions that often overcome medical impetus in decision-making with regard to circumcision. A lack in the value of equity allows socioeconomic status and cost to impact whether or not babies are circumcised. The value of fraternity allows individual and population benefits through decreased urinary tract infections and decreased sexually transmitted infection transmission. The value of paternity allows the attempt to protect newborn males, an effort inherent with risk. Circumcision is an elective surgery, and the value of liberty continues to allow Americans to determine their own stance and action regarding circumcision. The use of this procedure must be evaluated on an individual basis. Unbiased, comprehensive preoperative information must be provided to ensure informed decisions. Education is the key toward a decision about the value of circumcision, and health educators play a pivotal role in the informed decision-making process.

Collaboration for Training: A Partnership To Improve Quality, Consistency and Cost-effectiveness of Essential Training for Community Health Workers

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Since 1998, a collaborative of health and human service organizations in Kent County, Michigan, has improved the quality and consistency of essential training for community health workers. It has reduced duplication and expense by offering core training and in-service workshops that have improved direct service to young children and their families and benefited collaborative partners and the broader community.