

Association of sedentary behavior and mental health among young adults

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Sedentary behavior contributes to adverse physical health outcomes in youth. Although evidence for the relationship between sedentary behavior and mental health outcomes is emerging, little is known regarding risk of psychological distress and low self-esteem. The purpose of this study was to investigate the association of sedentary behavior with psychological distress and self-esteem in a well-characterized young adult population after controlling for a wide range of potential confounders. We adopted a cross-sectional study design. A sample of 352 participants, 208 (59.1%) females and 144 (40.9%) males responded to a survey. Participa

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