

Evaluation of Healthy Lifestyle Beliefs among Students at the University of Mosul, Iraq

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ABSTRACT

A healthy lifestyle is not a static trait but a multidimensional, evolving construct shaped by individual choices, socio-environmental influences, and institutional structures. The aim of objective to evaluate of healthy lifestyle beliefs among students at the university of Mosul, Iraq. A cross-sectional, non-experimental quantitative study design was used to accomplish the study's aim and objectives. From October 15, 2025, to December 20, 2025. The study was conducted at the university of Mosul in the left side of Mosul City. The study sample consisted of 660 undergraduate students who were selected from the University of Mosul using a simple random sampling technique. The questionnaire consists of Two main sections, each serving a distinct methodological and theoretical purpose. Section one: Socio-demographic Characteristics. The second section was Beliefs toward Healthy Lifestyle this subdomain assesses of a healthy lifestyle, including physical activity, healthy nutrition, adequate sleep, and psychosocial aspects. The students' beliefs in many aspects were positive. The results of funding the age, nearly half of the participants were aged 21–23 years (49%), representing the largest age group. Participants aged 18–20 years and 24–26 years each accounted for 25% of the sample, while those aged 27 years and above represented only 1%. In terms of body mass index (BMI), more than half of the respondents were classified as having a normal weight (53%), followed by overweight participants (43%). A small proportion of the sample was underweight (4%). The study concluded that the findings across demonstrate that the study participants generally exhibit positive health-related lifestyle behaviors across all examined dimensions. High overall mean scores and relative importance indices for physical activity, healthy nutrition, and healthy sleep indicate strong awareness and favorable practices in these areas.

Keywords: Evaluation , healthy lifestyle, beliefs.

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