

Grade

**Note:** \* P < 0.05. The bars represent standard deviation of score.

SM

TL

EΒ

20

NB

SS

HR

LA

Gender

NB: Nutrition behavior, SS: Social support, HR: Health-responsibility, LA: Life-appreciation,

NB

SS

HR

LA

EB

SM

TL

EB: Exercise behavior, SM: Stress-management, TL: Total