

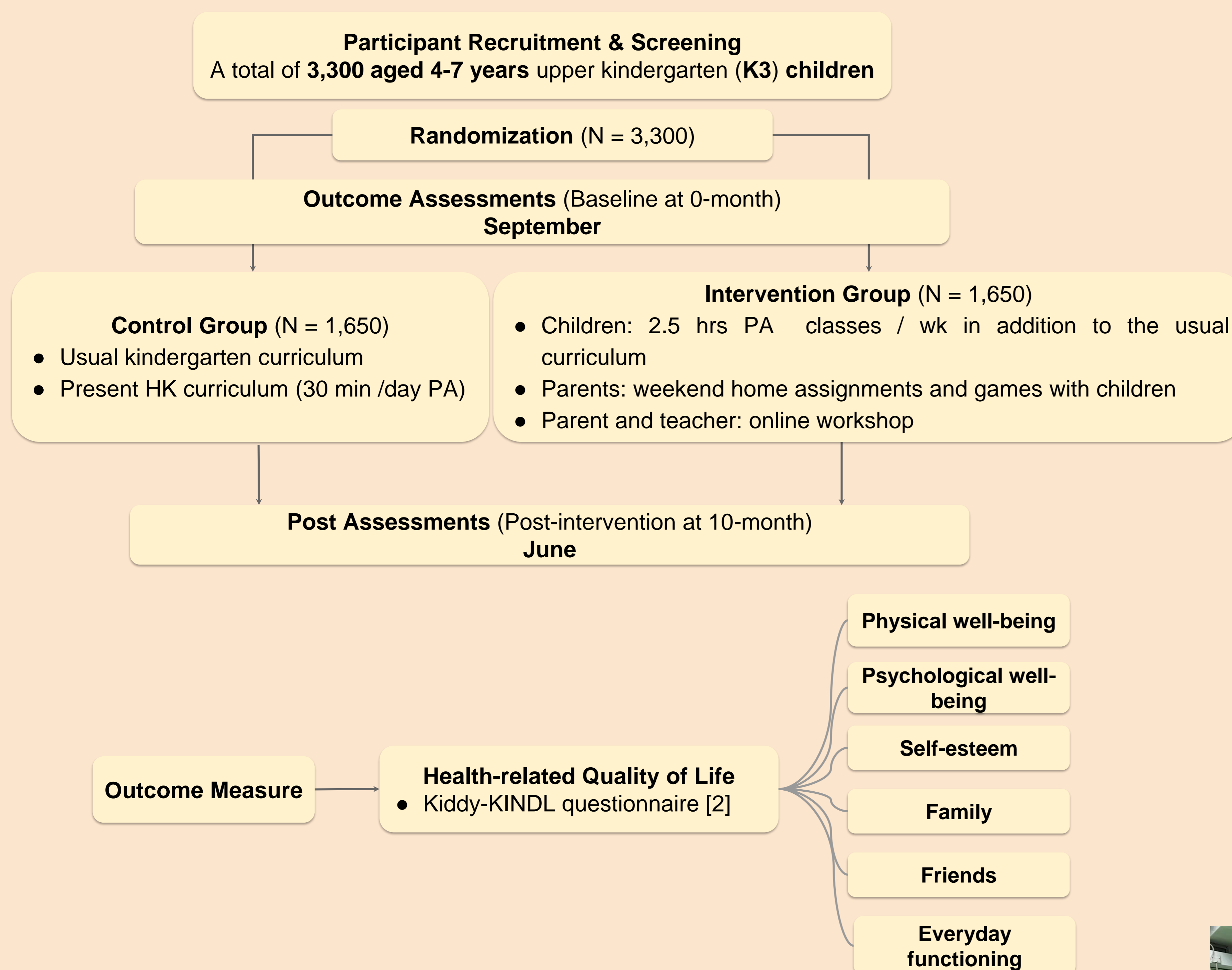
## Background

- The multifaceted notion of **health-related quality of life** considers a person's social, psychological, and physical health to provide a comprehensive picture of their general health.
- Based on information gathered from the Health Assessment Questionnaire for the 2017–18 academic year, **94% of primary and secondary students reported not engaging in enough physical activity (PA)** [1].
- Moreover, **health-related quality of life** indicates the well-established health benefits of regular **physical activity** in persons [3].

## Objectives

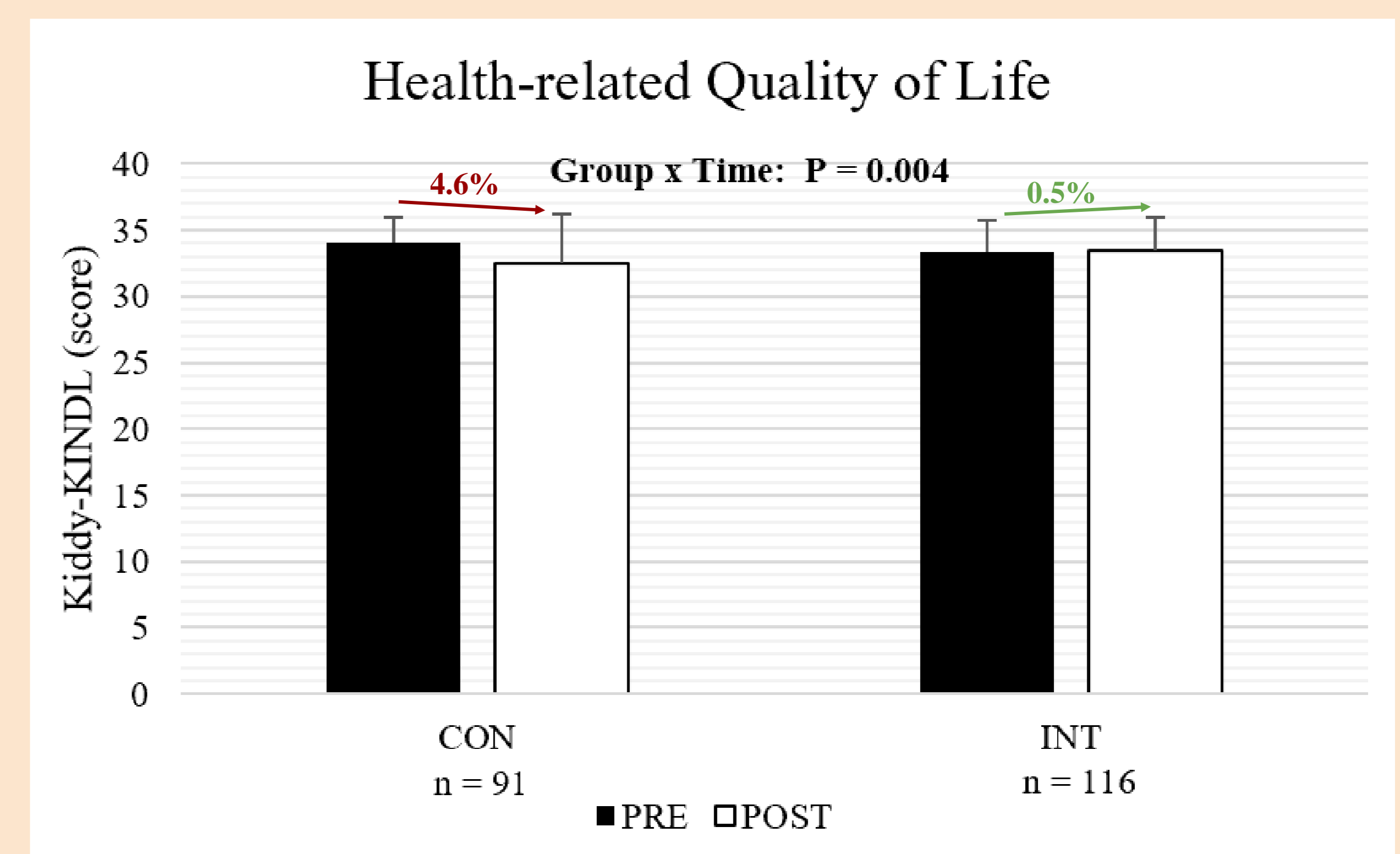
This study aimed to examine the effect of a **kindergarten-based physical activity intervention** on preschool children's health-related quality of life.

## Methods



## Results

The results from batch 1 (total have 4 batches), which included **207** children (INT: 116, CON: 91), were presented. After a school year, **significant** group x time interaction was observed for the health-related quality of life (control -4.6%, intervention 0.5%;  $p = 0.004$ ).



## Conclusion

- This study supports that school-based physical activity intervention **might effectively** improve preschoolers' health-related quality of life.
- As better health-related quality of life can reduce the risks of future mental disorders and improve mental health, school-based PA intervention holds promises to be applied to preschoolers.

## References

1. Huang, W. Y., Wong, S. H. S., Sit, C. H. P., Wong, M. C. S., Wong, S. W. S., & Ho, R. S. T. (2023). Results from the Hong Kong's 2022 report card on physical activity for children and adolescents. *Journal of Exercise Science & Fitness*, 21(1), 45–51. <https://doi.org/10.1016/j.jesf.2022.10.010>
2. Lee, P.-H., Chang, L.-I., & Ravens-Sieberer, U. (2008). Psychometric evaluation of the Taiwanese version of the Kiddo-KINDL® generic children's health-related quality of life instrument. *Quality of Life Research*, 17(4), 603–611. <https://doi.org/10.1007/s11136-008-9328-3>
3. Wilson, I. B. (1995). Linking Clinical Variables With Health-Related Quality of Life. *JAMA*, 273(1), 59. <https://doi.org/10.1001/jama.1995.03520250075037>



## Acknowledgements

Research Impact Fund: R7024-20  
Postgraduate Scholarship (PGS)

I would like to thank my teammates, Whitney and CK, who helped solidify the project's direction to me and gave me suggestions to help me solve the problems in the project. And thank you so much for the student helpers to help us complete the assessment and other tasks.