

## The Causal Relationship Models of Health Behaviors and Mental Well-Being among University Staff and Students in Thailand

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### Abstract

Healthy universities play a pivotal role in leading society toward healthier lifestyles and more supportive environments. This study aimed to develop and examine causal relationship models of health behaviors and mental well-being among academic staff and students at Srinakharinwirot University, Thailand. Employing a causal research design, data were collected from 600 participants comprising 300 students and 300 academic staff, using a validated 5-point Likert scale questionnaire. Structural equation modeling (SEM) was applied for data analysis. The results indicated that the proposed models demonstrated a good fit with the empirical data, with acceptable goodness-of-fit indices ( $\chi^2 = 162.08$ ,  $df = 63$ ,  $p < .001$ ,  $\chi^2/df = 2.573$ ,  $RMSEA = 0.051$ ,  $SRMR = 0.033$ ,  $GFI = 0.96$ ,  $CFI = 0.99$ ,  $NFI = 0.99$ ). Social interaction exerted the strongest direct effect on mental well-being, while health literacy had the strongest direct effect on health behaviors. These findings offer valuable insights for higher education institutions in shaping policies, developing programs, and fostering research initiatives that promote health and well-being, contributing to the advancement of Healthy Universities.

### Keywords

Healthy University, health behaviors, mental well-being, health literacy, social interaction.