




## 博士論文の審査結果の要旨及び最終試験の結果報告

## Summary of PhD Dissertation Examination Result and Report of Final Examination Result

報告番号 Report Number	博 (Global Health) 甲 第9号	氏名 Name	Zobida Islam
学位審査委員 Dissertation Assessors	主査 Chief Assessor Yasuhiko Kamiya 副査 1 <sup>st</sup> Co-assessor Daisuke Nonaka 副査 2 <sup>nd</sup> Co-assessor Yosuke Inoue	  	
<p>博士論文の審査結果の要旨 Summary of PhD Dissertation Examination Result</p> <p>The effect of youths as change agents on self-rated health status and happiness among adult neighbors: a cluster randomized controlled trial in a semi-urban area of Colombo in Sri Lanka</p> <p>Evaluation of the objective</p> <p>The study objective is clear in that it aimed to examine the effect of youth-led interventions on self-rated health (SRH) and happiness among adults in communities of Colombo, Sri Lanka and to identify the determinants associated with SRH and happiness, though a more precise interpretation of the definition of health and change agents based on strict quotation would be required. This study is justified by scarcity of studies on the effect of interventions enabling youth as change agents on adults' SRH and happiness by promoting health-related behavior in Sri Lanka.</p> <p>Evaluation of the methods</p> <p>This study is a secondary analysis of a 12-month cluster randomized controlled trial which consolidated Sri Lankan youths and trained them to act as change agents. A total of 483 adult participants (245 in the intervention and 238 in the control groups) were followed up for 12 months. SRH and happiness in these groups were compared in the end-line survey. The data analysis properly involved methods that take account of the clustering to achieve the study objectives, though some of the statistical analytic models used were not relevant to the variables.</p> <p>Evaluation of the results and discussion</p> <p>The intervention group had higher odds of achieving good SRH and a significantly higher mean change in SRH than the control group at the 12th month of follow-up, with a mean difference in change in SRH between the two groups of 0.13 (95% CI; 0.002-0.26). Happiness did not increase significantly in the intervention group. This study therefore shows that youth trained to act as change agents were effective in improving SRH but not happiness. The results were interpreted appropriately, while more in-depth discussion would have made the study more practical. Given the increasing primary health care workload and costs attributed to NCDs, this PhD research would contribute to a better understanding of community-based health promotion for primary prevention of NCDs in low- and middle-income countries and highlight the importance of the role of young people in health promotion.</p> <p>One assessor who deemed the revision insufficient left the decision to the chief assessor.</p> <p>最終試験の結果 Report on Final Examination Result</p> <p>The assessors agreed that Zobida Islam is eligible to be granted to PhD's degree, as she has passed the final examination.</p>			