

Table of Contents

Page of Titles	ii
Validation Sheet	iii
Table of Contents	iv
Appendix List	iv
Abstracts	v
Introduction	1
Method	7
Data Source and Sampling	7
Study Sample and Participants	8
Materials	8
Data Analysis Method	10
Results	11
Descriptive Statistics	11
Classical Assumption Test for Multiple Regression Analysis	13
Analysis of Covariance (ANCOVA)	16
Multiple Regression Analysis (MRA) with Dummy Variables	18
Discussion	20
Conclusion	26
References	27
Appendix	31

Appendix List

Appendix 1. Eating Frequency	31
Appendix 2. Eating Frequency (IFLS-5 Book 3B page 187)	32
Appendix 3. Patient-Reported Outcomes Measurement Information System (PROMIS™) Sleep Disturbance (SD) Scale	33
Appendix 4. Patient-Reported Outcomes Measurement Information System (PROMIS™) Sleep Disturbance (SD) Scale (IFLS-5 Book 3B page 164)	35
Appendix 5. Center for Epidemiological Studies Depression Scale-10 (CES-D-10)	36
Appendix 6. Center for Epidemiological Studies Depression Scale-10 (CES-D-10) (IFLS-5 Book 3B page 153)	38
Appendix 7. Classical Assumptions Verification	39
Appendix 8. Analysis Result	41
Appendix 9. Analysis Data	44
Appendix 10. Research Ethics Approval Letter	64
Appendix 11. Informed Consent	65
Appendix 12. Plagiarism Statement	66