Results: Among the 393 participants, 138 reported neck pain during the preceding seven days, corresponding to a prevalence of 35.1% (138/393; 95% CI 30.4–39.8). Low back pain during the same period was reported by 120 participants, giving a prevalence of 30.5% (120/393; 95% CI 26.0–35.0). The 12-month prevalence was 58.8% for neck pain and 52.2% for low back pain. Factors associated with higher adjusted odds of prevalent seven-day neck pain were daily screen time of at least five hours (AOR 2.41; 95% CI 1.43–4.06), device use for at least five years (AOR 2.94; 95% CI 1.41–6.12), positioning the screen below eye level (AOR 2.82; 95% CI 1.49–5.34), and sleeping fewer than five hours per night (AOR 2.35; 95% CI 1.43–3.86). Factors associated with higher adjusted odds of prevalent seven-day low back pain were physical inactivity (AOR 2.12; 95% CI 1.31–3.43), sleeping fewer than five hours per night (AOR 1.94; 95% CI 1.18–3.19), daily screen time of at least five hours (AOR 1.88; 95% CI 1.12–3.16), not taking regular breaks during device use (AOR 1.82; 95% CI 1.11–2.98), not using back support (AOR 2.15; 95% CI 1.29–3.58), and self-reported academic stress (AOR 1.76; 95% CI 1.06–2.92).