



The Effects of COVID-19 Pandemic on People's Lifestyles

Poster Presentation

1Khadijeh Irandoust * ; 2Behzad Gudarzi; 2Mohamad Javad Ahmadi

¹Associate Professor, Imam Khomeini International University, Qazvin, Iran(irandoust@soc.ikiu.ac.ir)

²Master student of Sports Nutrition Physiology, Imam Khomeini International University, Qazvin, Iran

Abstract

Introduction: Sars-Cov-2 outbreak started on 17 November 2019, and the world has been dealing with it since then. World Health Organization (WHO) has recommended protocols to stop this virus from spreading. At first, the world population did not know what measures to take against this novel virus. However, the media has had a great role in informing people to choose a healthier lifestyle to stand a better chance at fighting this disease.

Methods: This study aims to find the effects of coronavirus disease on people's lifestyles via a short questionnaire. It has consisted of 14 questions in 4 main parts, namely Bad Eating Habits (6 questions), Good Eating Habits (4 questions), Psychological Aspects (2 questions), and Physical Activity (2 questions). A total of 277 people answered this questionnaire, of whom 100 were men and 177 were women. The demographic of the participants includes a wide range, with their age being between 14 years old to 65 years old, their weight being from 40 kilograms to 130 kilograms and their height being from 142 centimeters to 205 centimeters.

Results: Most of the participants reported no change in all the main parts, meaning the corona pandemic has not affected their lifestyles much. A total of 26 percent of the participants reported an increase in their bad eating habits, and 45 percent reported an increase in their good eating habits.

Conclusion: Corona disease has altered numerous people's lifestyles worldwide, but 48 percent of the participants in this study reported no change in their lifestyles.

Keywords

lifestyle; Corona Disease; Pandemic; Eating habits

Reference:

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