

Impact of COVID-19 pandemic on health-promoting lifestyle behaviors: A cross-sectional study

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Supplementary Table 1. GAD-7 score (mean±SD).

Variables	GAD-7 score	t	P
Sex			
Female	8.58±5.33	2.592	0.010
Male	7.13±5.52	-	-
Marital status			
Married	7.29±5.23	-3.131	0.002
Single/Separate	8.82±5.43	-	-
Child status			
Yes	7.45±5.34	-2.489	0.013
No	8.68±5.40	-	-
Chronic disease			
Yes	9.56±5.54	2.252	<0.05
No	8.01±5.36	-	-
Employment			
Yes	7.03±4.88	-4.363	<0.001
No	9.07±5.60	-	-
Caring about health before the pandemic			
Yes	7.90±5.42	-2.720	0.007
No	9.51±5.17	-	-
Satisfaction with current weight			
Yes	7.60±5.51	-2.338	0.020
No	8.73±5.28	-	-
Psychological support			
Yes	11.89±5.30	3.035	0.003
No	8.09±5.36	-	-
Stress management			
Yes	6.69±4.62	-13.780	<0.001
No	13.36±4.61	-	-

Supplementary Table 2. CRPS score (mean±SD).

Variables	CRPS score	F	P
Body mass index			
Weak	24.41±7.21 ^a	4.126	0.007
Normal	26.32±6.03 ^b	-	-
Pre-obese	25.29±7.49 ^b	-	-
Obese	29.20±6.86 ^{ab}	-	-
Changes to weight during the pandemic			
Weight gain	26.09±6.30 ^a	8.586	<0.001
Weight loss	28.02±5.18 ^{ab}	-	-
No change	24.55±7.59 ^b	-	-
Changes to dietary pattern during the pandemic			
Negative changes	27.22±5.91 ^a	5.578	0.004
Positive changes	25.37±6.38 ^b	-	-
No change	25.07±7.36 ^b	-	-
Changes to sleep quality during the pandemic			
Negative changes	27.39±5.71 ^a	12.179	<0.001
Positive changes	24.38±6.95 ^b	-	-
No change	24.54±7.30 ^b	-	-
Changes to sleep time during the pandemic			
Sleeping less	28.17±6.38 ^{ab}	12.316	<0.001
Sleeping more	26.13±5.46 ^a	-	-
No change	24.47±7.45 ^b	-	-
Caring about health during the pandemic			
More	26.70±6.14 ^a	6.496	0.002
Less	25.76±5.30 ^b	-	-
No change	24.44±7.56 ^b	-	-
Devoting time to oneself during the pandemic			
Less/none	27.68±5.68 ^a	8.561	<0.001
More	24.97±6.61 ^b	-	-
No change	25.20±7.39 ^b	-	-
Worries about own health			
Severely worried	29.30±5.86 ^a	27.116	<0.001
Moderately worried	27.73±5.16 ^a	-	-
Mildly worried	25.80±6.49 ^a	-	-
No worries at all	21.59±7.17 ^b	-	-
Worries about a loved one			
Severely worried	29.15±4.87 ^a	43.643	<0.001
Moderately worried	25.16±5.84 ^b	-	-
Mildly worried	23.61±7.36 ^b	-	-
No worries at all	19.49±7.06 ^b	-	-
Perceived stress			
Severely stressed	28.40±5.38 ^a	21.633	<0.001
Moderately stressed	26.49±6.09 ^b	-	-
Mildly stressed	25.46±6.95 ^b	-	-
No stress at all	20.78±7.12 ^b	-	-

Anxiety			
Mild	22.01±7.14 ^b	26.171	<0.001
Moderate	26.30±6.19 ^a	-	-
High	27.53±5.70 ^a	-	-
Severe	29.17±5.55 ^a	-	-

^{a,b} Post-hoc (Bonferroni) test showed that there are significant differences between the item groups with different letters.