

## **A21 Changes in physical activity and sedentary behaviour during the COVID-19 pandemic among adults in Asia: A scoping review**

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The coronavirus disease (COVID-19) pandemic has led the governments to impose several restrictions such as lockdown to curb the spread of COVID-19 cases throughout the population. These lockdowns have greatly changed people's daily lives, including physical activity (PA) and sedentary behavior (SB). The main objective of this scoping review was to identify the available evidence related to PA and SB among adults in Asia during the COVID-19 pandemic. This scoping review was conducted using Arksey & O'Malley's methodology. A search for relevant articles was performed in four databases in Jan 2022 (PubMed, ScienceDirect, Scopus, and EBSCOhost (Medline)). Overall, 132 studies were included in this review. Most of the studies used cross-sectional, and the data collected was through an online questionnaire. Changes in PA were reported in 122 studies and SB in 50 studies. Most of the studies reported a decrease in the total level of PA and an increase in sedentary and screen time. This decrement in PA and increment in SB was related to poor mental health, increase in body weight, and the complications of COVID-19 patients, while participants who maintained or improved their PA had better health outcomes. Most of the studies have found that PA has decreased with a synchronous increase in SB during the COVID-19 pandemic. Given the numerous deterrents and benefits of PA and SB on health, public health authorities should plan an effective intervention and strategies to promote PA and reduce SB.