

B28 Association between physical activity and eating behaviour with weight change among Malaysian adults in the COVID-19 pandemic

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The COVID-19 home confinement and restrictions may lead to a decrease of physical activity, disordered eating behaviour and can possibly result in an increase in the body weight. Hence, this study aims to investigate the association between physical activity and eating behaviour with weight change throughout the COVID-19 pandemic. The International Physical Activity Questionnaire - Short Form (IPAQ-SF) was used to assess physical activity and sitting time, while the Three Factor Eating Questionnaire-Revised 18 items (TFEQ-R18) were used to assess the eating behaviour during the pandemic confinement. Findings in the present study revealed that there was a significant decrement in the physical activity during the home confinement (3730.47 ± 4571.65 METs-minutes/week) compared to pre-pandemic (5034.71 ± 4641.93 METs-minutes/week) ($t=3.765, p<0.001$). Sitting time during the pandemic lockdown rose significantly ($t=-5.438, p<0.001$) from 451.8 ± 228.64 mins/day (pre-pandemic) to 536.25 ± 275.96 mins/day. Nevertheless, there was no significant difference ($p>0.05$) in the mean scores of emotional eating, uncontrolled eating and cognitive restraint throughout the pandemic lockdown. Findings from two-way ANOVA revealed no interaction effects between physical activity, eating behaviour and weight status throughout the COVID-19 pandemic. The restrictive confinement implemented by the government due to the COVID-19 pandemic has impacted the physical activity patterns and weight status of Malaysian adults.