

A44 The association between physical activity and mental health with weight status among Malaysian young adults during COVID-19 pandemic

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COVID-19 pandemic has drastically affected the mental health, physical activity level and weight status of young adults across the globe. Hence, this study was conducted to investigate the association between physical activity and mental health with weight status among Malaysian young adults during COVID-19 pandemic. Respondents ($n=301$) completed a Google Form questionnaire that consists of self-report socio-demographic information such as body height, body weight during pandemic and current body weight. Mental health status and physical activity level assessments were included in the questionnaire using a validated 21-item Depression, Anxiety and Stress scale (DASS-21) and International Physical Activity Questionnaire Short Form (IPAQ-SF) respectively. Data analysis were done using the Statistical Package for the Social Sciences (SPSS) version 26. Findings from this study revealed that 51.5% ($n=115$) young adults gained weight due to confinement, with an average weight gain of 3.27 ± 2.46 kg. Besides, 25.3% ($n=73$) of mild to extremely severe anxiety was most prevalent among respondents followed by 23.3% ($n=70$) mild to severe depression and 10.3% ($n=31$) of mild to moderate stress. During the home confinement, 64.8% ($n=195$) of respondents were physically inactive and 35.2% ($n=106$) were physically active (6815.73 ± 5495.51 METs-minutes/week). Nevertheless, 78% ($n=235$) of respondents fell under non-sedentary category with less than 8 hours sitting time. Findings from Pearson Correlation test revealed that there was no significant difference between depression ($p=0.550$), anxiety ($p=0.351$), stress ($p=0.703$) and physical activity ($p=0.732$) with weight status of young adults throughout the COVID-19 pandemic. Government should come up with an effective implementation in order for the young adults to have a balanced mental and physical health since it may guard against body weight gain during COVID-19 confinement.