Nutritional habits and emotional eating of adults during social isolation days due to Covid-19 pandemic

Akyuz Yilmaz E. *1 A,B,C,D,E,F, Onal Yilmaz H. 2 A,B,C,D,E,F, Yuksel A. 1 A,B,C,D,E,F

1. University of Health Sciences, Department of Nutrition and Dietetics, Istanbul, Turkey
2. Istanbul Atlas University, Department of Nutrition and Dietetics, Istanbul, Turkey

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ABSTRACT

Purpose: In this study, the effect of BMI values on eating habits and emotional eating of individuals in social isolation and quarantine process implemented in Turkey as a result of COVID-19 pandemic were investigated.

Materials and methods: An online questionnaire was used in this cross-sectional study. A total of 2019 participants were included in the study between April and May 2020. Individuals' nutritional behaviors, emotional eating scores using the three-factor eating questionnaire stress level, appetite status, desire to eat desserts and anxiety about food access using a visual analog scale were evaluated with the questionnaire.

Results: The study participated 1589 women and 430 men over the ages of 20. The obesity rate was 8.7% in women and 19.3% in men. There was a relationship between the stress score and the change in consumed food in women and in men. Involuntary weight changes were found significant in both men and women compared to BMI groups. Cereal and starchy food consumption were found to be related to BMI groups in men and women. It was determined that the average appetite levels and Emotional Eating Scale scores in both sexes were different between BMI groups.

Conclusions: The findings show that the participants’ eating habits have changed in quarantine-related social isolation. Emotional eating has increased in direct proportion with BMI, and involuntary weight gain has increased.

Keywords: COVID-19, social isolation, nutritional habits, emotional eating, nutrition

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