**The evaluation of the body-mass index and emotional appetite of individuals before and during the covid-19 pandemic period**

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**Aim:** To evaluate the relationship between Body Mass Index (BMI) and emotional appetite before and during the COVID-19 pandemic period.

**Methods:** This study was conducted in Turkey in 623 adult individuals aged 19 years and over and the data were collected via an online questionnaire. The socio-demographic characteristics and anthropometric measurements according to their declaration (body weight and height) of participants were recorded, BMI were calculated using body weight and height, and the Emotional Appetite Questionnaire (EMAQ) was used to question the emotional appetite of the individuals. All data were evaluated with SPSS 22.0 for Windows.

**Results:** It was found that the average age of the individuals participating in the study was 31.9±10.2 years, 21.2% of these individuals decreased their body weight and 40.3% of them increased during the COVID-19 pandemic process. During the pandemic period, compared to the pre-pandemic period, the appetite scores of the participants increased in negative emotions and situations, and their appetite scores decreased in positive emotions and situations. The change in negative emotions and situations ​​was found to be significant (p<0.05). In obese individuals compared to those with normal BMI values, appetite scores were higher in negative emotions and situations both before and during the COVID-19 pandemic period (p <0.05), and it was found to be less in positive emotions and situations (p <0.05). When evaluated acoording to pandemic process, it was found that appetite scores of obese individuals increased in negative emotions and situations during the pandemic period compared to pre-pandemic period (p<0.05); and decreased in positive emotions and situations (p>0.05). It was determined that the appetite scores of individuals with normal BMI values increased significantly​ only in negative situations during the pandemic period (p<0.05).

**Conclusion:** The COVID-19 pandemic causes individuals to gain both body weight and have increase appetite due to the negative emotional states experienced in this period. Obese individuals may be at higher risk than individuals with normal BMI. Considering the negative emotional states brought about by the COVID-19 pandemic and in today's world where obesity is also a pandemic, awareness of individuals about obesity, healthy diet, and regular meal order will prevent excessive or uncontrolled eating, which may develop due to negative emotional situations experienced in this period.

**Key words:** Covid-19, Pandemic, Body Mass Index, Emotional appetite

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