**COVID-19 pandemic: Evaluation of individuals' use of food supplements, eating habits, body weight and changes in emotions**

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**Aim:** In this study, it was aimed to evaluate the relationship between the use of food supplements, dietary habits, body weight and changes in the emotions of individuals during the COVID-19 pandemic.

**Subjects and Method:** This cross-sectional study included 553 adults aged 19 years or older across Turkey. Study data were collected from volunteer participants via an online questionnaire. The online questionnaire was announced between July-August 2020 via e-mail and social media. Demographic characteristics, anthropometric measurements, some information about nutritional habits, use of food supplements and changes in body weight during the pandemic period were questioned. The Beck Depression Inventory (BDI) was used to evaluate the negative perspectives of the individuals about the future before and during the pandemic. Approval for this study was obtained from the Scientific Research Platform of the Ministry of Health with the decision number 2020-05-19T13\_15\_24. Ethics Committee Approval was obtained from the Ethics Committee of Toros University Scientific Research and Editorial Board (#34/35, 17/06/2020).

**Results:** In this study, according to BDI, 64.9% of the individuals (n = 359) had minimal depression, 13.4% (n = 74) mild depression, and 21.7% (n = 120) moderate-severe depression during the pandemic period. It was observed that 16.5% (n = 91) of individuals used food supplements during the pandemic period and there was an increase in the use of food supplements compared to the pre-pandemic period (p = 0.001). The most commonly used food supplements were found to be 8% (n = 44) Vitamin D and 7.8% (n = 43) multi-vitamin supplements. The rate of individuals who experienced a change in body weight during the pandemic period is 61.1%. The rate of individuals with an increase in body weight was 40.3% (n = 223), the rate of individuals with a decrease in body weight was 20.8% (n = 115), and the rate of those with no change in body weight was 38.9% (n = 215). Individuals whose body weight increased during the pandemic period consumed more bread, bakery products, dried fruits, oil, carbonated beverages, tea-coffee and sugar compared to individuals whose body weight did not change (p <0.001). No relationship was found between the use of food supplements during the pandemic period and body mass index and body weight change status (p> 0.05). It was observed that the use of food supplements was higher in females than males, the use increased with increasing age, and BDI was higher in individuals using food supplements (respectively p = 0.005, p = 0.001, p = 0.001).

**Conclusions:** In this study, it was determined that the changes in the emotional state of individuals during the social intervention due to the COVID-19 pandemic had an effect on the individuals' eating habits and body weight. The use of food supplements increased during COVID-19 pandemic. In our study, BDI, which is accepted as an indicator of emotional state, was found to be higher in individuals using food supplements during the pandemic period. This suggests our that the increased negative mood during the pandemic period caused an increase in the use of food supplements. There is a need for large-scale randomized studies on the use of food supplements, dietary habits, body weight and emotional state during the COVID-19 pandemic.

**Key Words:** COVID-19 pandemic, use of food supplements, body weight, Beck Depression Inventory

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