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### A survey on perception of people towards the health related behaviour during COVID-19 pandemic situation

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#### ABSTRACT

Health-related behaviour is the major concern in the today's scenario as pandemic started since past 6 months. It became very necessary to understand the health related behaviour of people's perspective because the situation is affecting lifestyles in term of physical, social and mental etc. This study is based on the online questionnaire survey with FANTASTIC lifestyle checklist which is self-reported with the demographic data. The scope of the study is to identify the perception of people health related behaviour during pandemic situation and to correlate the Body mass index with the Fantastic lifestyle checklist. FANTASTIC lifestyle checklist allow to measures clinician to gain a broad range of information regarding a respondents' lifestyle behaviours both physically and mentally. In the 101 total sample sizes collected, 54.5% were female and 45.5% were male whereas the FANTASTIC lifestyle checklist showed the very good score and 36.6 showed the good result. With this the Pearson correlation coefficient showed no relationship between BMI and FANTASTIC lifestyle checklist. The obtained P value is  $>0.05$  and hence there was no relationship between them.

**Keywords:** COVID-19, Health related behaviour

#### INTRODUCTION

COVID-19 is globally causing a pandemic with high numbers of deaths and infecting large number of people worldwide but yet there is no vaccine introduced for it. A Nobel Corona virus named Severe Acute Respiratory Corona virus (SARS-COVID) was first identified in a sea food market in Wuhan city, Hubei Province in China since December 2019. In general, Covid-19 is an acute resolved disease but it can be deadly threatening the mankind with 3% case fatality rate.

As of 31st July, it was found about 17,106,007 cases have been confirmed from which over 668,910 deaths were reported. The ongoing outbreak and transmission of virus throughout the world has made the WHO to declare it as a global public health emergency and there is no vaccine invented yet to cure the virus. We have heard so many news regarding the vaccine has made like in Russia or Australia, tested on some patients and soon be manufactured but it's yet to be confirmed.

During the pandemic even the strongest health systems in the world have been overwhelmed and unable to adequately provide essential health services like we heard the cases in Italy and Spain. Many countries has implemented lockdowns and curfews as a safety and preventive measures to control spread of virus. Due to that, people are being impacted on the basis of their health behaviour and lifestyle they are adapting during lockdown at home. The surveys strongly evaluate the health related behaviour when the world is experiencing an extraordinary life-altering challenge due to the threat of COVID-19. There are two major influences staying at home (which includes digital- education smart working, limitation of outdoors and in gym physical activity) and stock piling food, due to the restriction in grocery shopping. In addition, the interruption of the work routine caused by the boredom, which in turns is associated with a greater energy intakes<sup>1</sup>.

Many countries have become accustomed to a new normal which is social distancing and shelter in place are now part of everyday vernacular and life. The wearing of masks and carrying sanitizers in our pockets and bags has also become

mandatory for us. Now, we all fear whether things will go back to normal or not. Will there be any treatment for COVID-19 so that we no longer had to fear to go out? Many developing countries are out of contingencies planning to cope up with such situation where thousands of people are getting unemployed and starving out of hunger. Psychological impacts of the COVID-19 Pandemic, lockdown gave a challenge for an indefinite time, hence it is necessary to emphasize and address coping strategies, mental health interventions and awareness using the available resources. This lifestyle behaviours included dietary changes, restricted physical activity and the effect of increased indoor and screen time remain an under- researched areas<sup>3</sup>.

All group of people are suffering from the pandemic in terms of health and lifestyle. Everything is getting a “home” tag such as “Work from home”, “study from home” and “Shop from home”. This study mainly focused in the health related behaviours so that respondent perspective are clearly been measured to the situation. Observational studies of lifestyle behaviours during the compulsory isolation are timely and clearly a necessary step for the design of rational and effective public policies. Such studies would provide the much need evidence to designed intervention to prevent a new pandemic psychiatric disorders and cardio metabolic comorbidities as proposed by the COVID-19Snapshot monitoring initiative.<sup>4</sup> all this gives the clear sense of the health related changes due the pandemic in 2020.

### Aims

1. To identify the perception of people towards health related behaviour during pandemic.
2. To evaluate the health related behaviour impact in daily life of people and to find out the lifestyle checklist during pandemic situation.
3. The study can be used to make measure more accurate prediction of another measure that is highly related to it. The stronger the relationship between/ among variables the more accurate the prediction.

### Settings and Design

Online based questionnaire with help of mails and social media

## METHODS AND MATERIAL

A survey was conducted to evaluate the self- reported response of the questionnaire including the height and weight, to find the perspective of the respondent regarding their health related behaviours. This study was carried out in online web google form among respondents of age greater than 18 because after 18 years of age is age of official adulthood which is legal implication. The survey was conducted from 25 August, 2020 to 10<sup>th</sup> September, 2020. The sample was collected with the consent of the respondent via the google form only and if in case they are not interested then they can withdraw easily. Altogether 101 samples were included in this survey. Self- reported FANTASTIC lifestyle checklist questionnaire were used to collect the data. Total questionnaire of 25 section, which took 5- 10 minutes to complete. These question were divided broadly into 1. Family/Friends 2. Activity 3. Nutrition 4. Tobacco/toxic 5. Alcohol 6. Sleep, seat belt stress, safe sex 7. Type of Behaviour 8. Insight 9. Career. Etc. All the sampling techniques used in this survey was the survey sampling as collecting the data in the targeted population. All the results of quantitative variables were reported either as mean and standard deviation or frequency (percentage). Significantly the Pearson correlation coefficient was used to find the correlation between the body mass index and FANTASTIC Lifestyle checklist score. Self- reported FANTASTIC lifestyle checklist questionnaire was used to collect the data. The collected information was entered and cleaned in Microsoft Excel 2021 and analysed using SPSS version 21.0. The obtained information were summarized by using the Descriptive Statistics such as Mean and Standard deviation. Pearson correlation coefficient was used to find the relationship between FANTASTIC lifestyle checklist and body mass index.

No Ethical approval was obtained. Before starting of the questionnaire the consent was obtained from the participants. The confidentiality and anonymity of every participant were maintained.

## RESULTS

Out of the 101 participants who were invited, 55 female and 46 male participate were recruited into the study with a response rate of 100%. The descriptive data analysis were done with the mean and standard deviation as shown below Table 1

**Table 1: Descriptive data analysis with age, height, weight, BMI and FANTASTIC score**

(n = 101)	Mean	S.D.
Age	26.30	4.31
Height	5.31	0.37
Weight	63.23	10.17
BMI index	24.33	4.29
Fantastic score	70.67	9.29

The FANTASTIC lifestyle checklist scores results in survey with 5% excellent (85- 100), 55.4% very good (70-84), 36.6% good (55-69), 2% fair (35-54) and 1% needs for the improvement (0-34). Pearson correlation coefficient was

used to find the relationship between BMI and FANTASTIC lifestyle checklist showed there is no relationship between BMI and FANTASTIC LIFE STYLE CHECKLIST score.

Table 2

**Table 2: Pearson correlation coefficient between BMI and FANTASTIC lifestyle checklist.**

(n = 101)	"r"	p value
BMI and Total FLC score	-0.066	0.512

### Perspective towards the family/ friends

Following the onset of pandemic, the majority of participants reported that they talk about the things that are important to me is almost always (46.5%) and they give and receive the affection too. Table 3

**Table 3: Family friends and Activity**

(n = 101)		Frequency	%
I have someone to talk about things that are important to me	Almost always	47	46.5
	Almost Never	3	3
	Fairly	26	25.7
	Seldom	2	2
	Some of the time	23	22.8
I give and receive affection	Almost always	37	36.6
	Almost Never	3	3
	Fairly	33	32.7
	Seldom	4	4
	Some of the time	24	23.8
I am vigorously active for at least 30 minutes per day .example: running, cycling etc	Five or more times per week	26	25.7
	Four times per week	19	18.8
	Less than once per week	24	23.8
	One to two times per week	32	31.7
I am moderately active(gardening, climbing, walking, housework)	five or more times per week	26	25.7
	four times per week	19	18.8
	less than once per week	24	23.8
	one to two times per week	32	31.7

### Perspective towards Nutrition

One of the most sensible and most important things in this pandemic situation, and pays the attention towards their balance diet and the respondents prefers the 2 of these items (sugar, salt, animal fats and junk food) and things that 2 kg of the weight that they think is healthy. Table 4

**Table 4: Nutrition**

(n = 101)		Frequency	%
I eat a balance diet	Almost always	80	79.2
	Faily often	15	14.9
	some of the times	6	5.9
I often eat excess 1. sugar 2.salt 3. animal fats 4. junk food	Four of these	14	13.9
	None of these	22	21.8
	One of these	18	17.8
	Three of these	15	14.9
	Two of these	32	31.7
I am within ____ Kg of the weight that I think is healthy	2 kg (5 lbs)	28	27.7
	4 kg (10 lbs)	15	14.9
	6 Kg (15 lbs)	22	21.8
	8 kg (29 lbs)	15	14.9
	Not within 8kg	21	20.8

### Perspective towards the Tobacco/ toxic and Alcohol

Majority of the people were not in the habits of taking alcohol, tobacco, toxic in any form. They have never overuse the prescribed or over the counter drugs whereas 69.3% prefers to have 1- 2 per days caffeine containing tea, coffee, coke and energy drinks. Respondent were very sensitive toward the driving when they drink. Table 5

**Table 5: Tobacco toxics and Alcohol**

(n = 101)	Frequency	%
I smoke tobacco	1-10 times per week	9 8.9
	More than 10 times per week	1 1
	Non in the past 6 months	5 5
	None in past year	38 37.6
	None in the past 5 year	48 47.5
I use Drugs such marijuana, cocaine	Never	92 91.1
	Sometime	9 8.9
I overuse prescribed or over the counter drugs	Almost never	11 10.9
	Fairy often	3 3
	Never	79 78.2
	Only occasionally	8 7.9
I drink caffeine containing coffee/tea/energy drink/cola	1 to 2 per day	70 69.3
	3 to 6 per day	6 5.9
	Never	25 24.8
My average alcohol intake per week is	0-7 drinks	97 96
	11-12 drinks	1 1
	13-20 drinks	2 2
	More than 20 drinks	1 1
	Almost daily	2 2
I drink more than 4 drinks on an occasion	Almost Never	13 12.9
	Fairy often	3 3
	Never	55 54.5
	Only occasionally	28 27.7
	Never	97 96
I drive after drinking	Sometime	4 4
	Total	101 100

### Perspectives of Sleep/ seat belt/ stress/ safe sex

Respondents were very quick and sensitive towards this questions as it mainly deals with the 45.5 % have the sleep when they feel rested, use of the seatbelts almost always, for the fairly often the stress presents and almost always practice safe sex. Table 6

**Table 6: Sleep seatbelt stress safe sex**

(n = 101)	Frequency	%
I sleep when I feel rested.	Almost always	22 21.8
	Almost never	4 4
	Fairly often	22 21.8
	Seldom	7 6.9
	Some of the time	46 45.5
I use seat belt	Always	55 54.5
	Most of the time	22 21.8
	Never	6 5.9
	Seldom	3 3
	Some of the time	15 14.9
I am able to cope with the stresses in my life	Almost always	34 33.7
	fairly often	40 39.6
	Never	2 2
	Seldom	2 2
	Some of the time	23 22.8
I relax and enjoy leisure time	Almost always	40 39.6
	fairly often	32 31.7
	Never	1 1
	Seldom	6 5.9
	Some of the time	22 21.8
I practice safe sex	Almost	11 10.9
	Almost Never	2 2
	Always	53 52.5

Fairy often	10	9.9
Never	19	18.8
Some of the time	6	5.9

### Perspective towards behavioural changes/insight and career

60.4% response to be in hurry with the things and hungry or hostile some of the times. 43.6% are fairly often with positive or optimistic thinker. Most of the respondent were tried to maintain their diet as before and few of them tried to overcome from the things. Table 7

**Table 7: Type of behaviour, Insight and Career**

(n = 101)	Frequency	%
I seems to be in a hurry	Almost always	14 13.9
	Almost never	5 5
	Fairy often	10 9.9
	Seldom	11 10.9
	Some of the time	61 60.4
I feel hungry or hostile	Almost always	6 5.9
	Almost never	9 8.9
	Fairy often	18 17.8
	Seldom	9 8.9
	Some of the time	59 58.4
I am positive or optimistic thinker	Almost always	33 32.7
	Almost never	2 2
	Fairy often	44 43.6
	Never	2 2
	Seldom	4 4
I feel tense or uptight	Some of the time	16 15.8
	Almost always	3 3
	Almost never	4 4
	Fairy often	9 8.9
	Seldom	20 19.8
I feel sad or depressed	Some of the times	65 64.4
	Almost always	4 4
	Almost never	8 7.9
	Fairy often	8 7.9
	Seldom	25 24.8
I am satisfied with my job or role	Some of the times	56 55.4
	Almost always	35 34.7
	Almost never	5 5
	fairy often	28 27.7
	Seldom	8 7.9
	Some of the time	25 24.8

## DISCUSSION

Covid- 19 has emerged as a pandemic and is spreading all across the globe at a very rate. The health related behaviour perspective during this pandemic was measured with the self-reported FANTASTIC lifestyle checklist questionnaire where the score for each is given. If the score is 0-34 then needs for the improvement. The above data showed that there is the score of 70-84 which indicates the very good. The score showed 56.4% very good perspective towards the health related behaviour. The above data showed the positive health behaviours. However some specific weakness were identify such as inactivity, uses of tobacco and fair people are hurry toward their things. The above finding clearly showed that people are more conscious about their health and the health related behaviours. Though the pandemic has affect the people's day to day life, still they are more of sensitive and

precaution about the life style. Most of the respondent reported having a positive and very good perspective towards their health related behaviours and 3 % were much need to look into their situation for the improvements. They were very aware of their health related behaviours and showed the positive results into the survey. This survey was very helpful to understand the people's perspective towards their own health related changes or behaviour with the use of the self-reported FANTASTIC lifestyle checklist questionnaire. Its results determines the association between lifestyle and health which consists of 25 questions. The FANTASTIC lifestyle questionnaire is an instrument developed in the department of family medicine at McMaster University, Canada by Wilson et al; in order to help doctors who work with primary prevention to better understanding and measure the lifestyle of their patients<sup>5</sup>. It has proven to be tool that overcomes these adversities, considering that many studies

point to its validity and good level of consistency for determining the lifestyle of both healthy and unhealthy individuals<sup>6</sup>. Sharrat K. Jacqueline et al. (1984) states that the university employees completing the FANTASTIC lifestyle questionnaire generally have a positive health behaviours<sup>7</sup>. Kay et.al (2015) The FLC is a brief and accessible measure of lifestyle factors, initially designed to assist general practitioners in a holistic assessment of a patient's health-related behaviours. Its simplicity and practicality has led to more widespread use but, as yet, its psychometric properties have not been assessed among patients presenting to ED with deliberate self-harm and suicidal behaviours. While the name 'Fantastic' is an acronym of domains covered, it may be perceived as seeming to trivialise the content of the measure, particularly in distressed populations. We therefore refer to it simply as a Lifestyle Checklist when administering to participants<sup>8</sup>. The data for this study were provided by people presenting with current situation of COVID-19 and the daily life for the risk prevention and modification in case of the need of the improvement to overcome from the lifestyle risk factors. A limitation is that FLC data were cross-sectional and involved people while they were distressed and/or depressed,

but not repeated on recovery. We note that all the negative affect items fell onto one factor, with health-related behaviours falling onto other separate factors. This was consistent with our clinical impression that the reported lifestyle behaviours were longer standing, rather than brought on by current distress. Due to this pandemic, people seems to be very active and conscious about their health and wellbeing and the majority of the people respondent to 79.2 % of the in balance diet and weight within the 2 kg thinks to be normal. Since past 9 months people were much in the contact with their friends and family and increased in physical activity such as gardening, cleaning, cycling and etc. The health related behaviours showed the very good results in the FANTASTIC Lifestyle score of respondent.

## CONCLUSION

From the above data, it seems that participants during COVID-19 pandemic situation also very conscious and oriented towards their health related behaviours and showed the positive responses.

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