

# THE EFFECTS OF COVID-19 RELATED SHUTDOWNS ON PERCEIVED LIFESTYLE AND PREVALENCE OF MUSCULOSKELETAL DISCOMFORT

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## Introduction

- COVID-19 related shutdowns have led to disruptions in many aspects of our lives.
- The closure of many workplaces has led to people working at temporary home workstations.
- For some, the closure of recreational and fitness facilities has changed the accessibility to exercise.

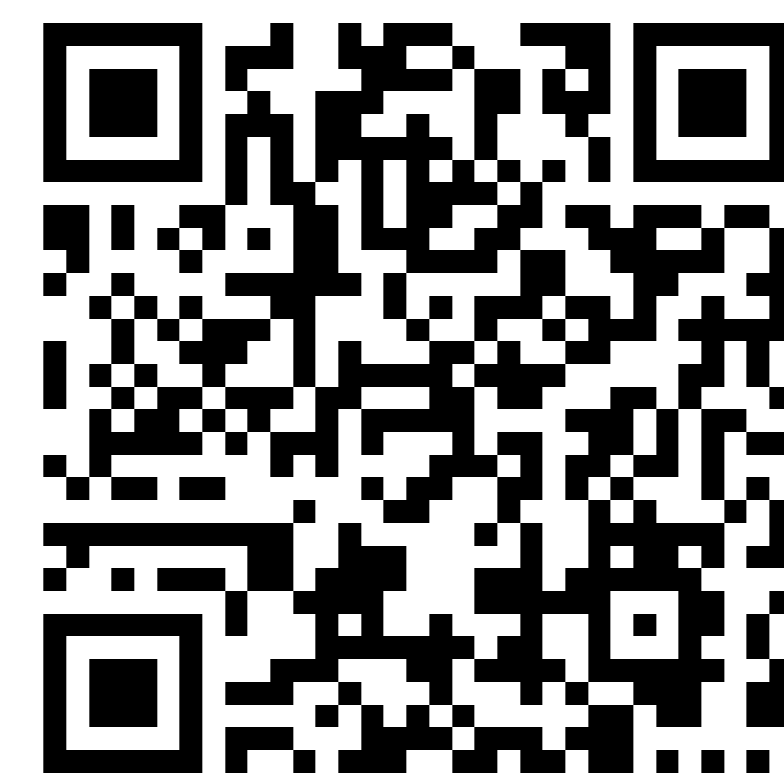
## Purpose

Determine the effects COVID-19 shutdowns have had on lifestyle factors and musculoskeletal discomfort.

## Methods

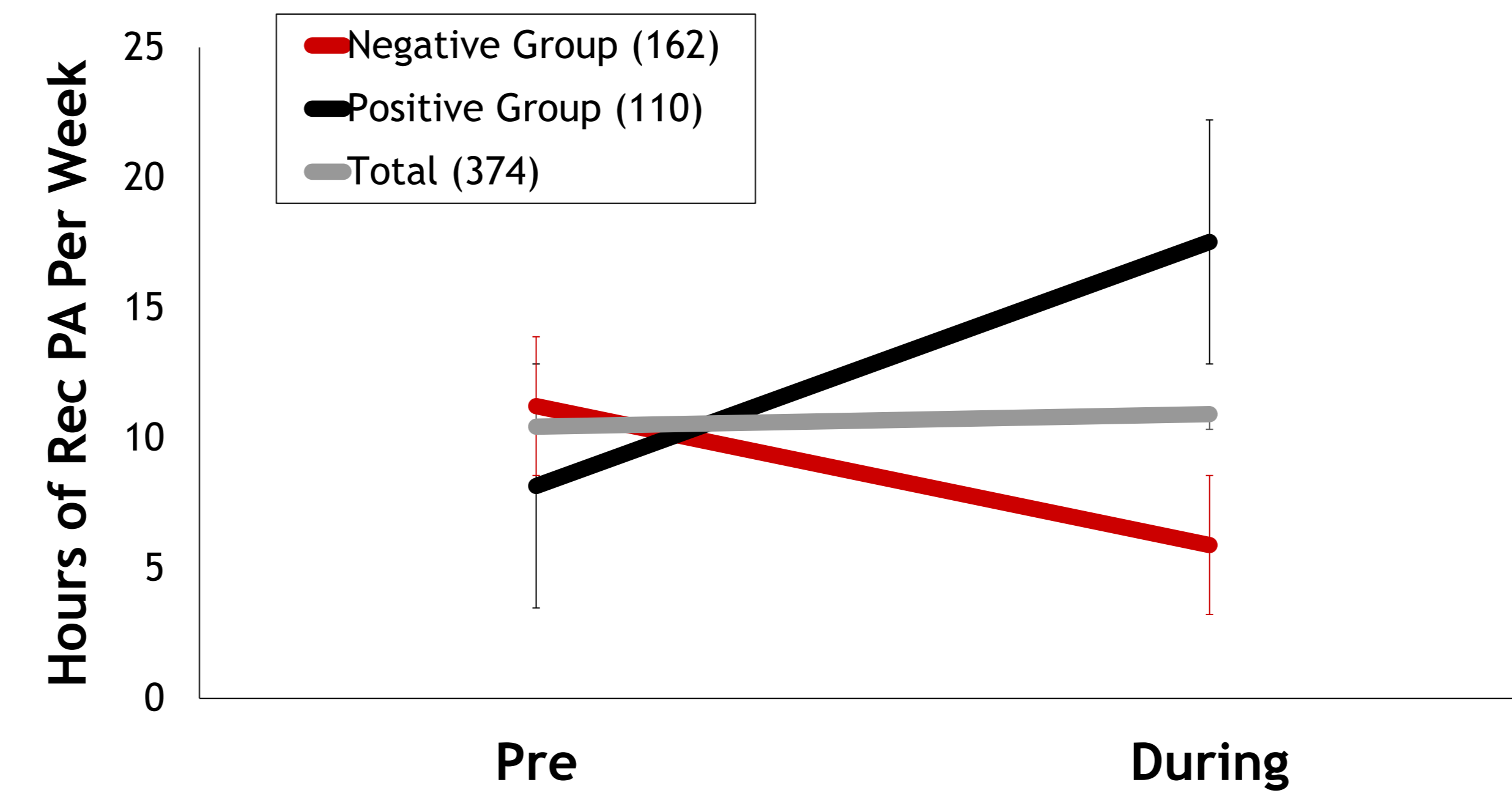
- An ongoing online survey was developed using QualtricsXM® and distributed internationally.
- Questions were grouped into three pre/post sections:
  - 1) **Lifestyle factors:** recreational physical activity, sedentary behaviour, dietary choices, motivation to exercise, general depression and anxiety.
  - 2) **MSK discomfort:** location and severity of any musculoskeletal discomfort.
  - 3) **Ergonomics:** general work station set up, physical requirements and movement behaviour.

## QR Code



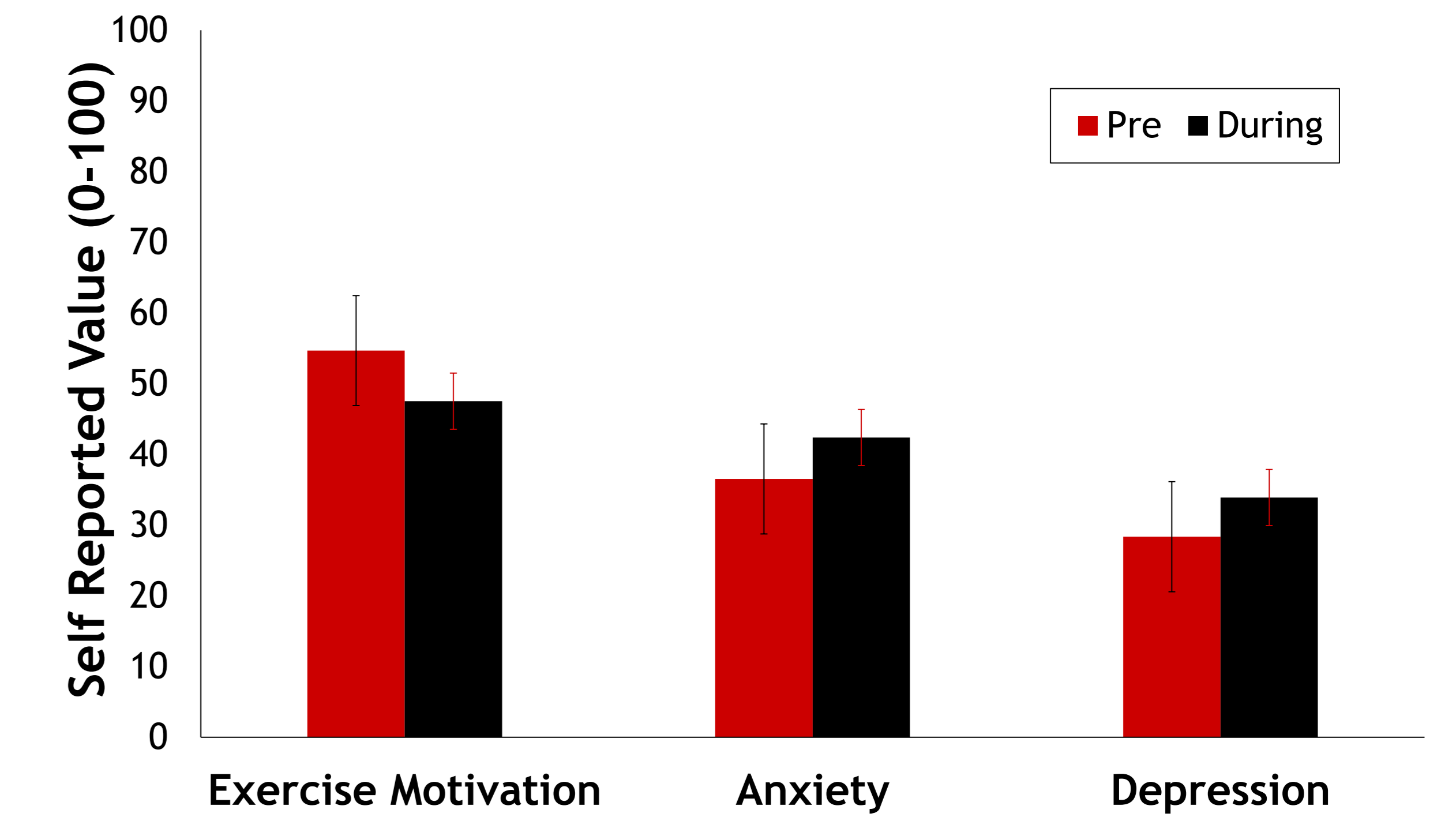
**Figure 1:** To participate in the survey, use this QR code. Must be 18+, work a full-time job transitioned to working from home.

## Hours of Physical Activity Pre and During Lockdown



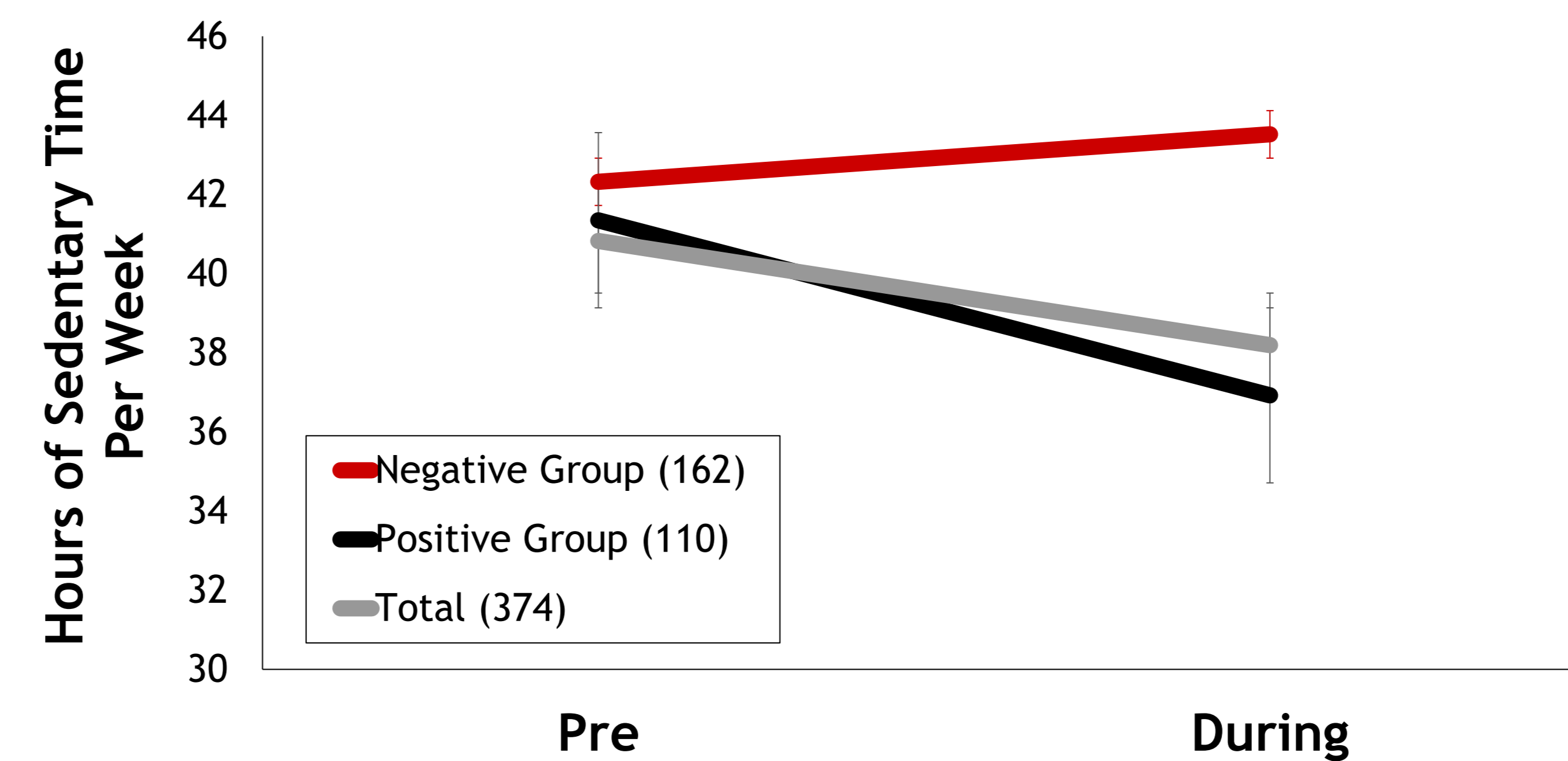
**Figure 5:** Changes in physical activity from before the lockdown to during the peak local restrictions.

## Emotional Characteristics



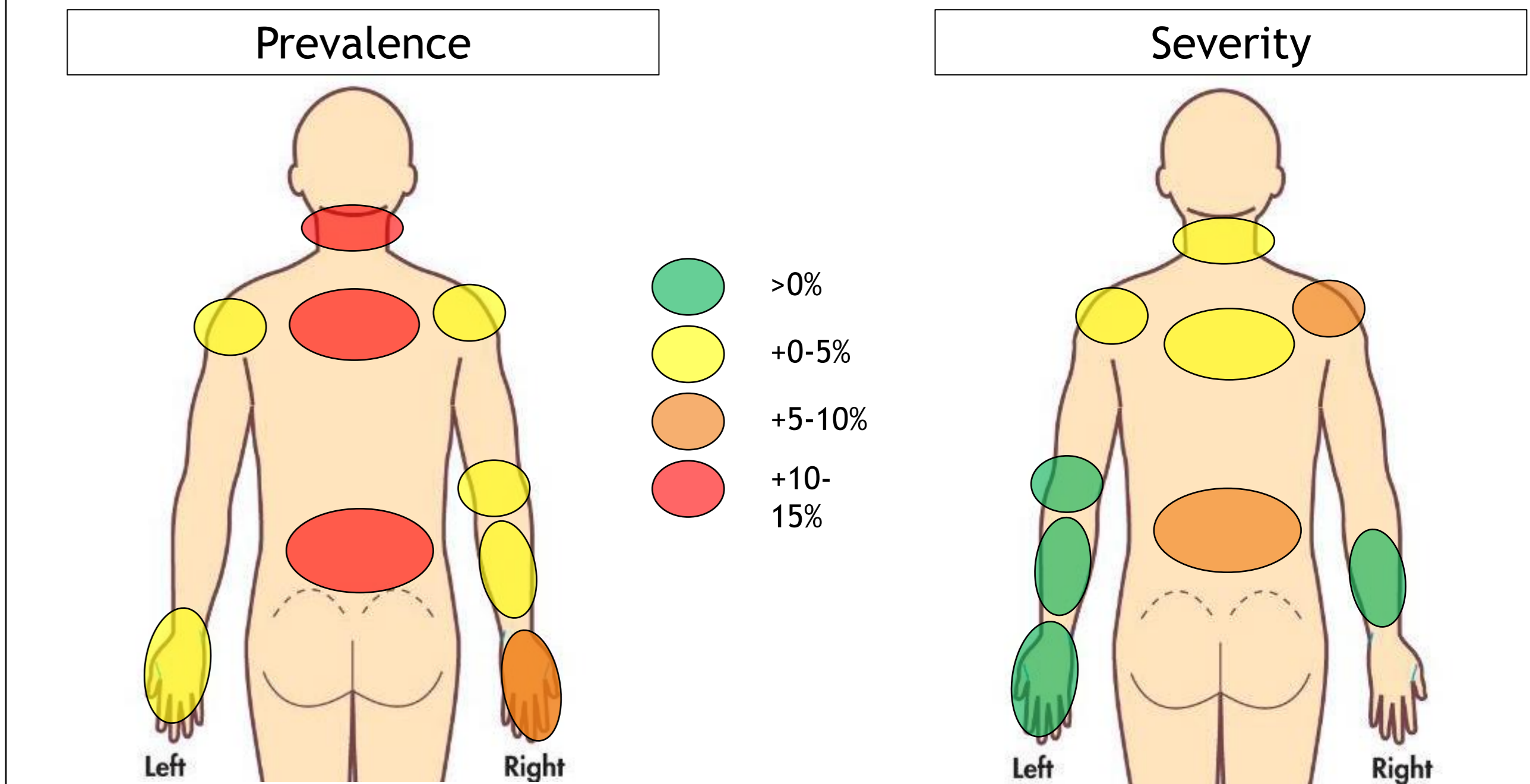
**Figure 7:** Changes in emotional perceptions from before the lockdown to during the local peak restrictions. Higher values correspond to higher motivation, anxiety, and depression.

## Hours of Sedentary Behaviour Pre and During Lockdown



**Figure 6:** Changes in sedentary behaviour time from before the lockdown to during the local peak restrictions grouped based on change in physical activity time.

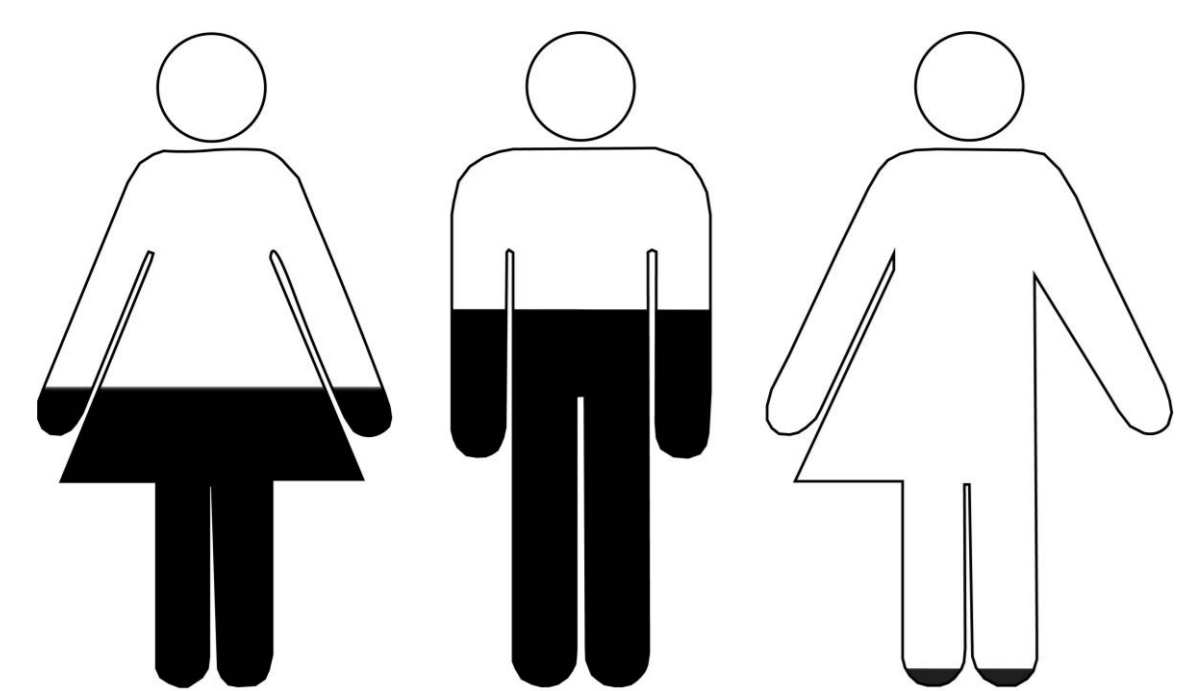
## MSK Discomfort



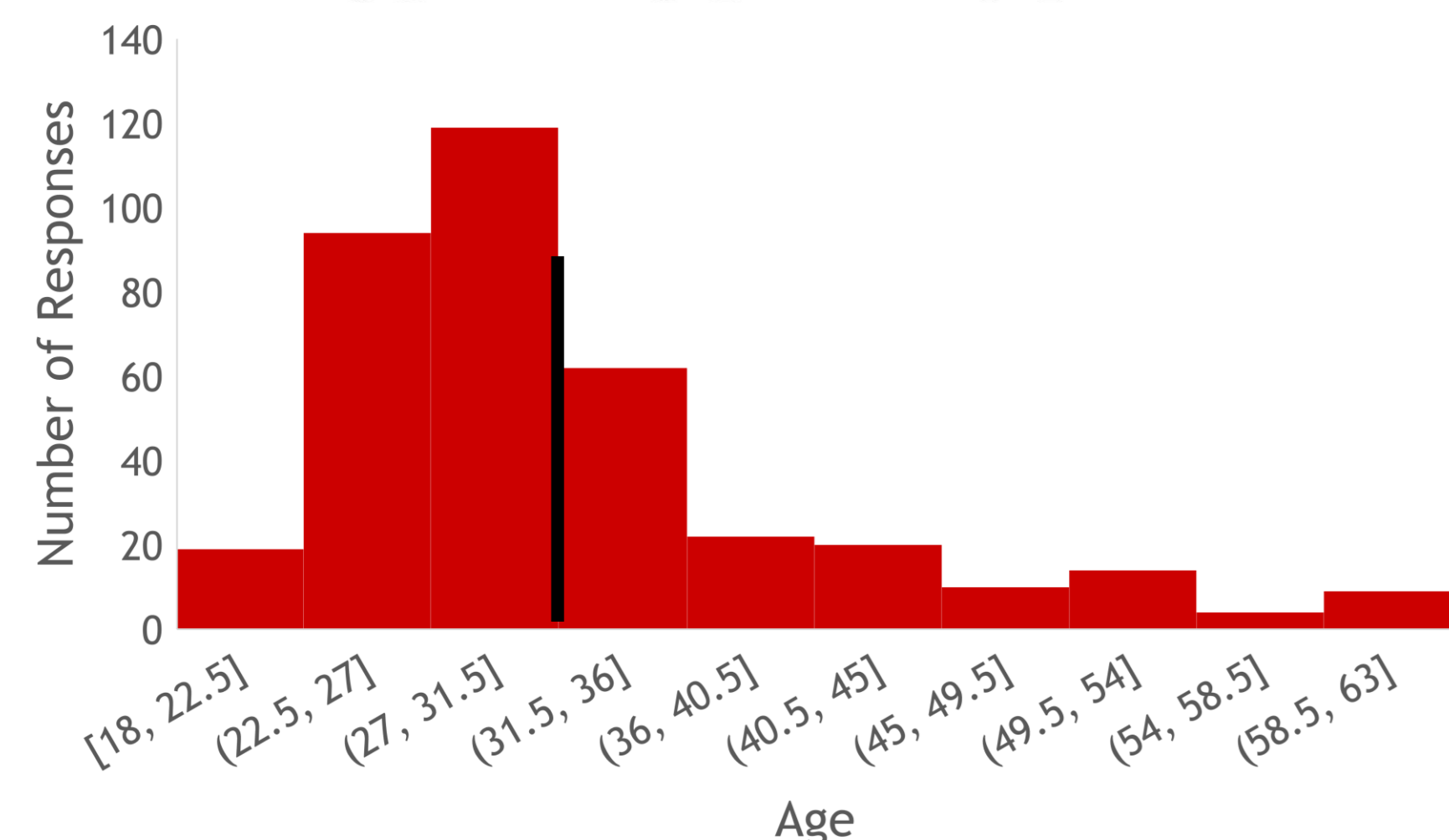
**Figure 8:** Changes in the prevalence of discomfort in specific areas from before the lockdown to during the local peak restrictions.

**Figure 9:** Changes in the severity of discomfort in general and specific areas from before the lockdown to during the local peak restrictions.

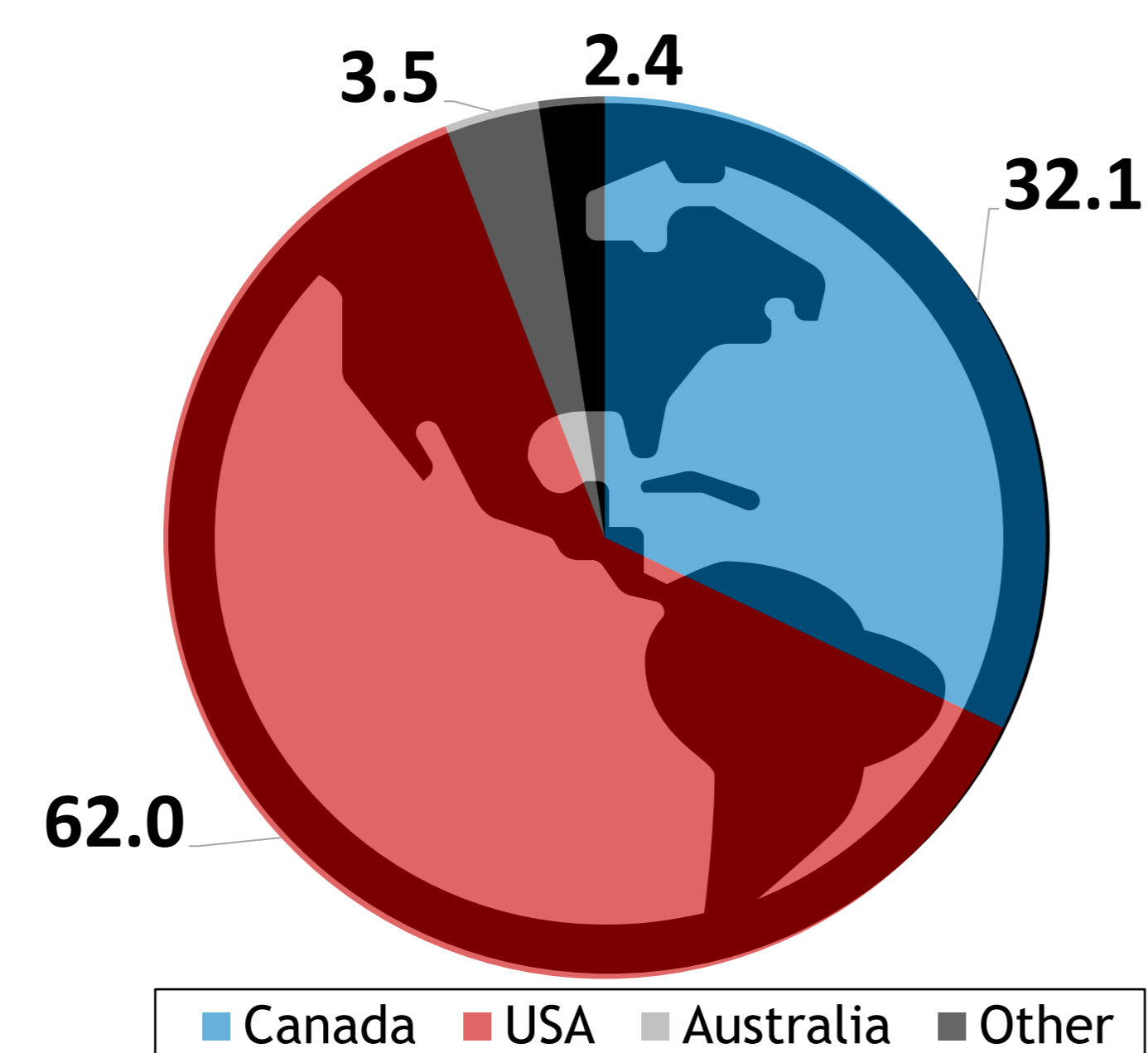
## Demographics (N=374)



**Figure 2:** Distribution of biological sex (42.2% female, 56.7% male, 1.1% other).



## Dissemination



**Figure 4:** Distribution participants around the world (Canada 32.1%, USA, 62.0%, Australia 3.5%, other 2.4%).

## The Lockdowns Have Had:

- Bimodal changes in physical activity and sedentary behaviour time.
- Negative changes on exercise motivation, anxiety, and depression.
- Site specific increases to the prevalence and severity of MSK discomfort.