

## Assessment of Eating Habits and Lifestyle during Coronavirus Pandemic in the MENA region: A Cross-Sectional Study

### Personal data

1. What is your gender?
  - Female
  - Male
2. Which age group do you belong to?
  - 18-25
  - 26-35
  - 36-45
  - 46-55
  - >56
3. Which country do you reside in? (*drop-down of all MENA countries*)
  - \_\_\_\_\_
4. Which city do you reside in?
  - \_\_\_\_\_
5. What is your marital status?
  - Married
  - Single
  - Divorced
  - Widowed
6. How many kids do you have?
  - Not applicable
  - I have no kids
  - 1-2 kids
  - 3 or more kids
7. What is your education Level?
  - Less than high school
  - High School
  - College/ Diploma
  - University Degree
  - Higher education masters/doctorate
  - Other, specify: -----
8. What is your employment status?
  - Full-time employment
  - Part-time employment
  - Unemployed
  - Retired

- Self-employed
- Student

**9. Do you currently work/study from home?**

- Yes
- No
- Not applicable

**10. Did your weight change during coronavirus pandemic?**

- Lost weight
- Gained weight
- Maintained weight
- I don't know

**11. What is your current weight? \_\_\_\_\_ (kg)**

**12. What is your height? \_\_\_\_\_ (cm)**

**13. What option describes your general state of health in the past 3 months?**

- Excellent
- Very good
- Good
- Fair
- Poor

**Sources of information**

**1. Where do you get health-related information from? (choose all that apply)**

- Local and international health authorities
- Websites and social media
- Healthcare professionals
- Television
- Newspapers
- Friends and family

**2. Where do you get food and nutrition related information from? (choose all that apply)**

- Local and international health authorities
- Websites and social media
- Healthcare professionals
- Television
- Newspapers
- Friends and family

## Eating Habits

1. Please choose an option that best describes your food choices before coronavirus pandemic: (1 = Very healthy and 10 is Extremely unhealthy)

1      2      3      4      5      6      7      8      9      10

2. During coronavirus pandemic, which option best describes your food choices? (1 = Very healthy and 10 is Extremely unhealthy)

1      2      3      4      5      6      7      8      9      10

3. Did your food intake change during coronavirus pandemic?

- Yes, it increased
- Yes, it decreased
- No, it did not change

4. Are you following a specific meal plan (diet) during coronavirus pandemic?

- Yes, I started a new diet
- Yes, I was already on a diet
- No

- 4.1 If yes, specify what kind of diet you are following

- Low-calorie diet
- Low-fat diet
- Low-carb diet
- Atkins (high protein)
- Ketogenic diet (high fat)
- Vegetarian/ Vegan diet
- Others, \_\_\_\_\_

5. Which of the following factors would motivate you to improve your eating habits? (choose all that apply)

- Higher income
- Less working hours
- Having health risks
- Having adequate nutrition information
- Following an exercise regimen
- Advice from doctor/dietitian/friend
- Feeling guilty or shame about body size

6. Before coronavirus pandemic, most of your consumed meals during the week were?

- Homemade
- Frozen ready-to-eat meals
- Fast food (take-away, delivery)

- Restaurants (take-away, delivery)
- Healthy food (take-away, delivery)

**7. During coronavirus pandemic most of your consumed meals during the week are?**

- Homemade
- Frozen ready-to-eat meals
- Fast food (take-away, delivery)
- Restaurants (take-away, delivery)
- Healthy food (take-away, delivery)

**8. How many meals did you eat per day before coronavirus pandemic?**

- 1-2
- 3-4
- More than 5

**9. How many meals do you eat per day during coronavirus pandemic?**

- 1-2
- 3-4
- More than 5

**10. Did you use to eat breakfast on most days of the week before coronavirus pandemic?**

- Yes
- No

**11. During coronavirus pandemic, do you eat breakfast on most days of the week?**

- Yes
- No

**12. Before coronavirus pandemic, did you use to skip meals?**

- Yes
- No

**12.1 If yes, why is that?**

- To reduce food intake
- Lack of time
- To lose weight
- Lack of appetite
- Fasting

**13. During coronavirus pandemic, are you skipping meals?**

- Yes
- No

**13.1 If yes, why is that?**

- To reduce food intake

- Lack of time
- To lose weight
- Lack of appetite
- Fasting

**14. During coronavirus pandemic, did you start taking supplements (multivitamin, vitamin C, etc.)?**

- Yes
- No
- Yes, I already take supplements

**14.1 If yes, which type of supplements are you taking? (Choose all that apply)**

- Multivitamin
- Vitamin C
- Antioxidants
- Vitamin D
- Vitamin B12
- Fish oil supplements
- Probiotics
- Others, \_\_\_\_\_

**15. During coronavirus pandemic, are you consuming specific herbs or spices?**

- Yes
- No
- Yes, I already consume herbs and spices

**16. What do you think increases your immunity against disease? (choose all that apply)**

- Eating balanced diet
- Taking supplements
- Drinking adequate fluids
- Practicing physical activity
- Consuming herbs and spices
- Getting proper sleep
- Managing/ Minimizing stress
- Others, \_\_\_\_\_

**17. Before coronavirus pandemic, how much water did you use to drink daily?**

- 1-4 cups
- 5-7 cups
- 8 cups or more

**18. During coronavirus pandemic, how much water do you drink daily?**

- 1-4 cups

- 5-7 cups
- 8 cups or more

**19. How often do you eat the following foods listed below?**

Food Item	Never	1-4 times/week	Once/day	2-3 times/day	4 or more times/day
Fruits					
Vegetables					
Milk and milk products					
Meat/Chicken/Fish					
Bread/rice/pasta					
Sweets/ desserts					
Coffee/Tea					
Sweet drinks (soft drinks, canned juice, etc.)					
Energy drinks					

**Shopping**

**1. Do you usually prepare a list before grocery shopping?**

- Yes
- No

**2. During coronavirus pandemic, did you start stocking up on food?**

- Yes
- No
- I already stock up on food

**3. During coronavirus pandemic, what food items do you stock up on the most? (choose all that apply)**

- Fresh fruits and vegetables
- Fresh meats (meat, fish, chicken, etc.)
- Frozen fruits and vegetables
- Canned food (beans, corn, legumes, etc.)
- Dry food (rice, pasta, pulses, bulgur, etc.)
- Shelf-stable Milk/ powdered milk.

**4. Would you rather order your groceries online (delivered to your house)?**

- Yes
- No

**5. Do you check food labels before purchasing?**

- Yes
- No
- Sometimes

**6. Do you clean and sanitize your groceries before storage?**

- Yes
- No
- Sometimes

### **Physical Activity**

**1. Did you use to exercise before coronavirus pandemic?**

- Yes
- No
- Sometimes

**2. During coronavirus pandemic, do you do any exercise (walking, running, equipment, etc.)?**

- Never
- 1-3 times/week
- 4-5 times/week
- Everyday

**3. Before coronavirus pandemic, did you use to do household chores?**

- Never
- 1-3 times/week
- 4-5 times/week
- Everyday

**4. During coronavirus pandemic, do you do household chores?**

- Never
- 1-3 times/week
- 4-5 times/week
- Everyday

**5. Before coronavirus pandemic, how much time did you spend on the computer for work/study daily?**

- None
- 1-2 hours
- 3-5 hours
- More than 5 hours

**6. During coronavirus pandemic, how much time do you spend on the computer for work/study daily?**

- None
- 1-2 hours
- 3-5 hours
- More than 5 hours

**7. Before coronavirus pandemic, how much time did you spend daily on Television, computer, social media for entertainment?**

- Less than 30 minutes
- 1-2 hours
- 3-5 hours
- More than 5 hours

**8. During coronavirus pandemic, how much time do you spend daily on Television, computer, social media for entertainment?**

- Less than 30 minutes
- 1-2 hours
- 3-5 hours
- More than 5 hours

### **Stress and Irritability**

**1. How often have you experienced the following before coronavirus pandemic?**

	All the time	A large part of the time	Part of the time	A small part of the time	Not at all
Physically exhausted					
Emotionally exhausted					
Irritable					
Tense					

**2. How often have you experienced the following during coronavirus pandemic?**

	All the time	A large part of the time	Part of the time	A small part of the time	Not at all
Physically exhausted					
Emotionally exhausted					
Irritable					
Tense					

### **Sleep**

**1. Before coronavirus pandemic, how many hours did you sleep per night?**

- Less than 7 hours
- 7-9 hours
- More than 9 hours



2. **During coronavirus pandemic, how many hours are you sleeping per night?**
  - Less than 7 hours
  - 7-9 hours
  - More than 9 hours
3. **How would you rate your sleep quality before coronavirus pandemic?**
  - Very good
  - Good
  - Poor
4. **How would you rate your sleep quality during coronavirus pandemic?**
  - Very good
  - Good
  - Poor
5. **Before coronavirus pandemic, did you experience any of the following? (choose all that apply)**
  - Slept badly and restlessly
  - Hard to go to sleep
  - Woken up too early and not been able to get back to sleep
  - Woken up several times and found it difficult to get back to sleep
  - None of the above
6. **During coronavirus pandemic, do you experience any of the following? (choose all that apply)**
  - Slept badly and restlessly
  - Hard to go to sleep
  - Woken up too early and not been able to get back to sleep
  - Woken up several times and found it difficult to get back to sleep
  - None of the above
7. **How would you describe your energy level before coronavirus pandemic?**
  - Energized
  - Neutral
  - Lazy
8. **How would you describe your energy level during coronavirus pandemic?**
  - Energized
  - Neutral
  - Lazy