

# EFFECTS OF COVID-19 PANDEMIC LOCKDOWN ON WEIGHT OF PATIENTS IN A PSYCHIATRIC REHABILITATION UNIT

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## OBJECTIVES

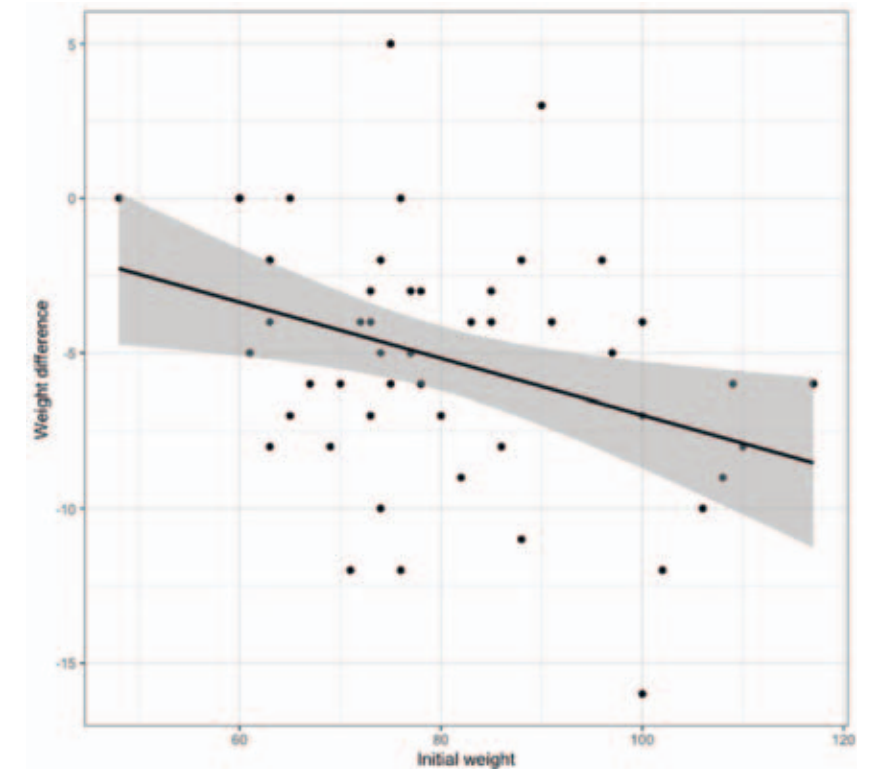
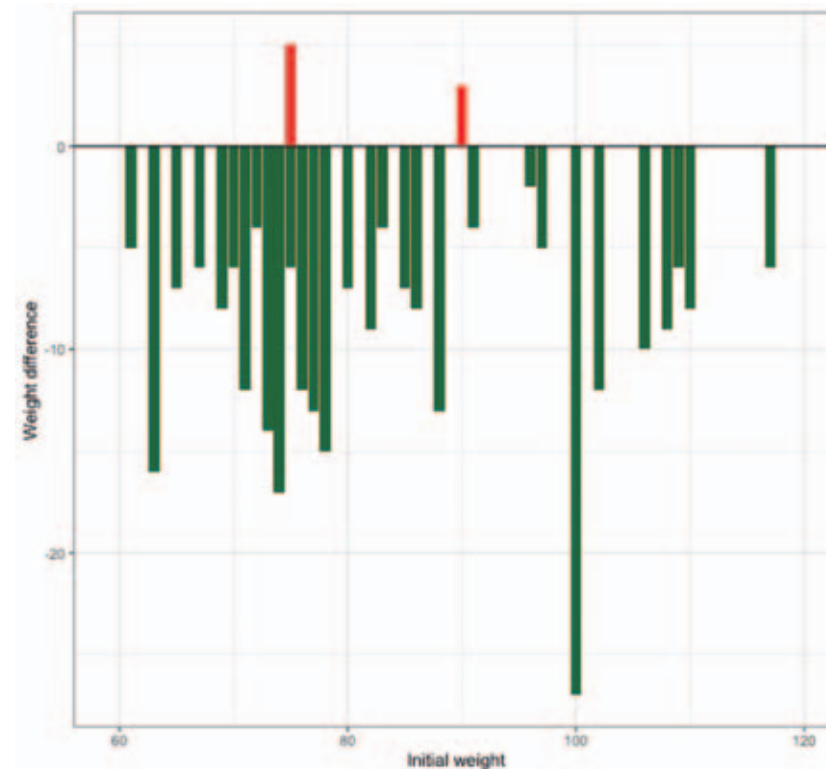
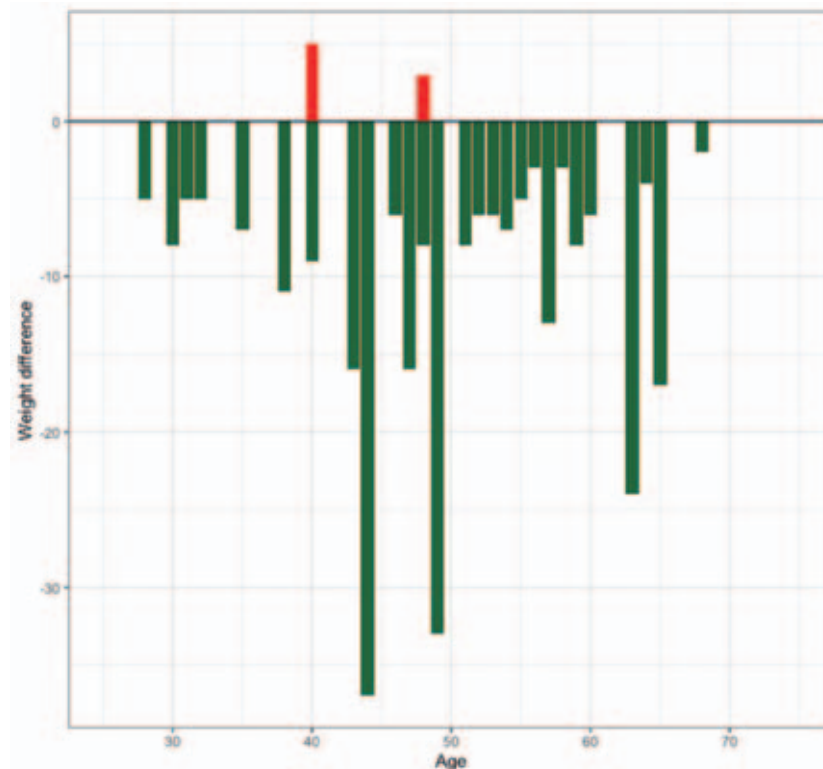
In this study we analyzed the weight difference of 51 patients admitted to a psychiatric rehabilitation service during the period of confinement due to Covid-19 pandemic.

## METHODS

Patients were weighed in March 2020 and later in October 2020. During this period, patients' activity was restricted. Visits to the center's cafeteria were strongly reduced and off-unit permits during weekends were eliminated from their usual schedule. Each followed a diet corresponding to the patient pathologies (normal, low-calorie, low-fat, diabetic, hyposodic).

## RESULTS

Of the 51 patients, 45 lost weight, 5 remained and only 2 gained weight (see figures). We also analyzed weight loss based on age and initial weight. We found no evidence that the loss was age-related ( $p = 0.9710$ ). On the other hand, patients' initial weight was correlated to weight loss ( $p = 0.0109$ ). Patients with a higher initial weight were the most they reduced it.



## CONCLUSIONS

These results demonstrate that the reduction of cafeteria access together with the withdrawal of off-unit permits have been key factors to explain the observed weight reduction of these patients. Our results certify the importance of a proper diet for each patient, and raises concerns on the consequences of the alimentary freedom patients are granted.