



Università degli Studi di Trieste  
Dipartimento Universitario Clinico di Scienze mediche, chirurgiche e della salute

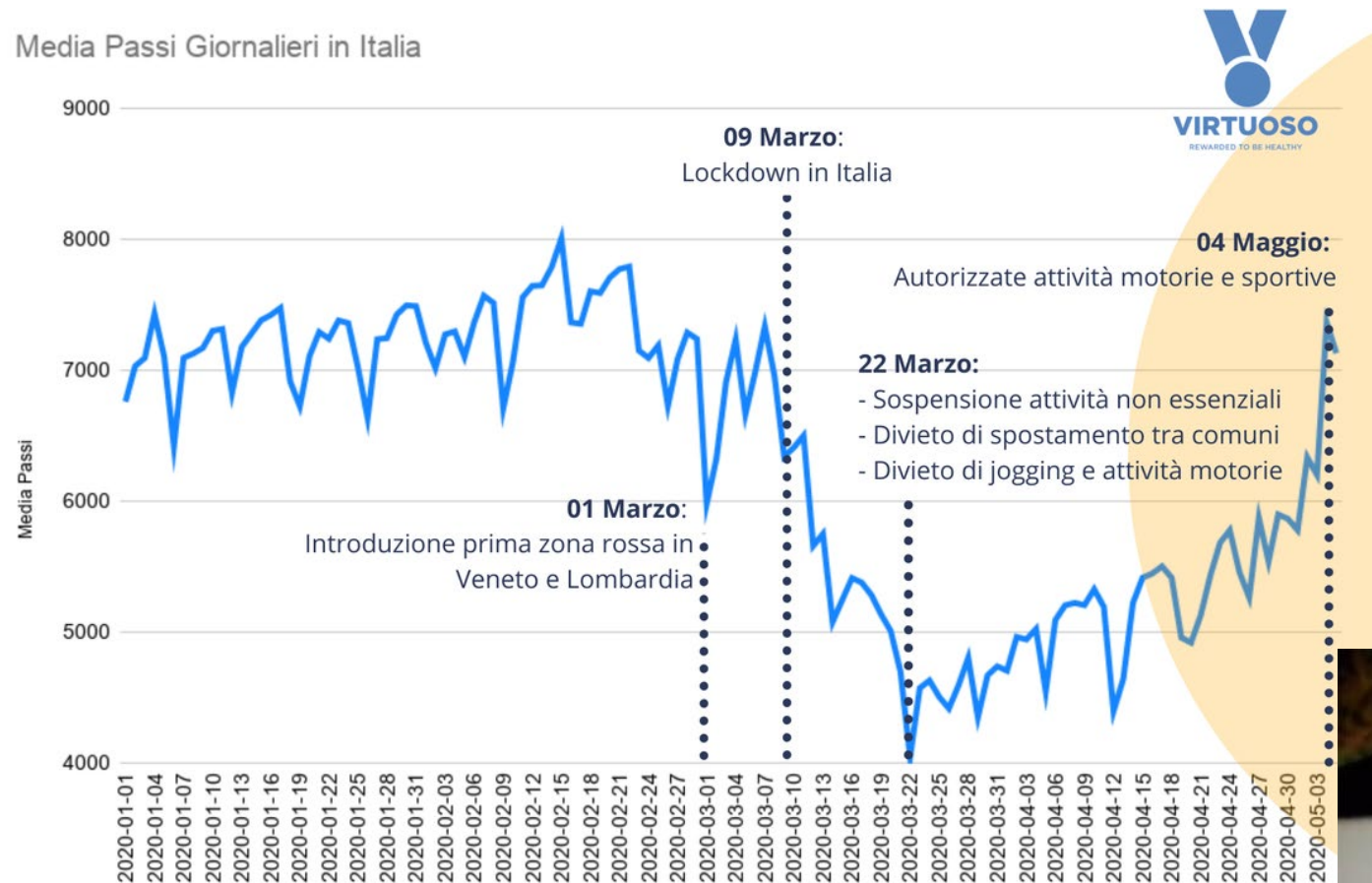


**Body weight and eating habits changes during SARS-CoV-2 (COVID-19) pandemic and lockdown  
among obese patients scheduled for bariatric procedures**

P. Losurdo, U. Albert, A. Leschiutta, S. Macchi, N. Samardzic, B. Casagranda, N. de Manzini, S. Palmisano



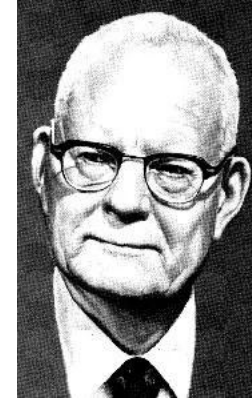
Media Passi Giornalieri in Italia



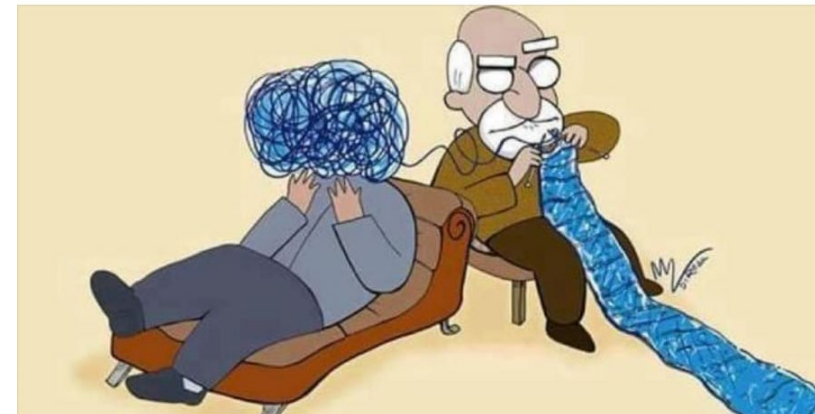
[https://www.tgcom24.mediaset.it/cronaca/foto/coronavirus-la-curva-del-movimento-degli-italiani-durante-il-lockdown\\_18165088-2020.shtml?overlay=true](https://www.tgcom24.mediaset.it/cronaca/foto/coronavirus-la-curva-del-movimento-degli-italiani-durante-il-lockdown_18165088-2020.shtml?overlay=true)



End-point primario: cambiamenti di peso e abitudini alimentari durante l'epidemia di Covid-19.



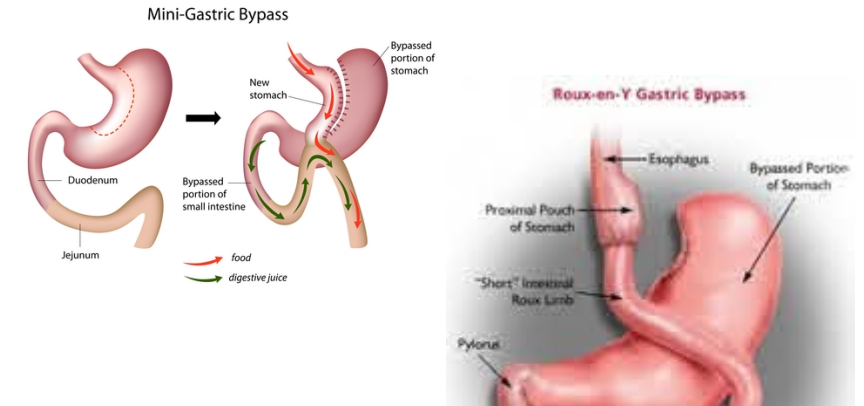
End-point secondario: esplorare i fattori psicologici, insorti durante la pandemia, che influenzano il peso e le variazioni dietetiche.



107 Pazienti in lista di attesa secondo linee guida SICOB:

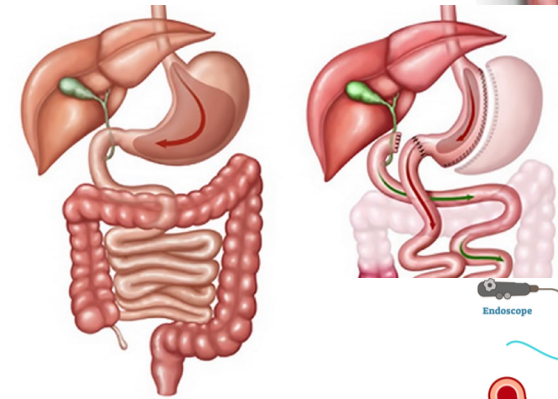
- Gastric By-Pass/mini by-pass

43 (76.8%)



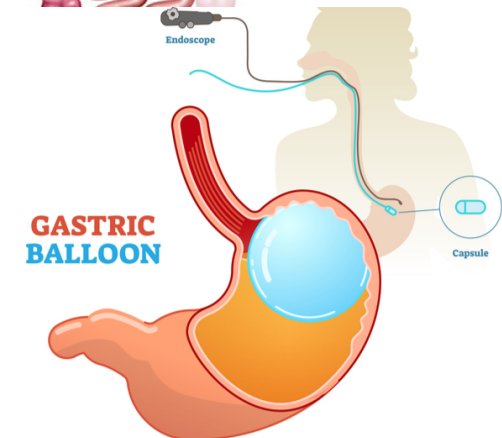
- Sleeve Gastrectomy

1 (1.8%)



- Intragastric Balloon Position

12 (21.4%)



Totale 56 paziente aderenti allo studio



Fine lockdown italiano (18 Maggio 2020) → Intervista telefonica

1. Dati antropometrici (età, peso, BMI prima e dopo il lockdown)
2. SAS e SDS pre e post- lockdown → Hospital Anxiety and Depression Scale (HADS)
3. Maladaptive eating habits
  - Night Eating sdr
  - Emotional Eating
  - Gorging
  - Snacking
  - Grazing
  - Sweet-eating
  - Abbuffata
4. Sensazioni personali (noia, paura del virus, paura della quarantena ed emotional eating).

Hospital Anxiety and Depression Scale (HADS)

Tick the box beside the reply that is closest to how you have been feeling in the past week.  
Don't take too long over your replies: your immediate is best.

D	A	D	A
3	I feel tense or 'wound up': Most of the time	3	I feel as if I am slowed down: Nearly all the time
2	A lot of the time	2	Very often
1	From time to time, occasionally	1	Sometimes
0	Not at all	0	Not at all
0	I still enjoy the things I used to enjoy: Definitely as much	0	I get a sort of frightened feeling like 'butterflies' in the stomach: Not at all
1	Not quite so much	1	Occasionally
2	Only a little	2	Quite Often
3	Hardly at all	3	Very Often
3	I get a sort of frightened feeling as if something awful is about to happen: Very definitely and quite badly	3	I have lost interest in my appearance: Definitely
2	Yes, but not too badly	2	I don't take as much care as I should
1	A little, but it doesn't worry me	1	I may not take quite as much care
0	Not at all	0	I take just as much care as ever
0	I can laugh and see the funny side of things: As much as I always could	3	I feel restless as I have to be on the move: Very much indeed
1	Not quite so much now	2	Quite a lot
2	Definitely not so much now	1	Not very much
3	Not at all	0	Not at all
3	Worrying thoughts go through my mind: A great deal of the time	0	I look forward with enjoyment to things: As much as I ever did
2	A lot of the time	1	Rather less than I used to
1	From time to time, but not too often	2	Definitely less than I used to
0	Only occasionally	3	Hardly at all
3	I feel cheerful: Not at all	3	I get sudden feelings of panic: Very often indeed
2	Not often	2	Quite often
1	Sometimes	1	Not very often
0	Most of the time	0	Not at all
0	I can sit at ease and feel relaxed: Definitely	0	I can enjoy a good book or radio or TV program: Often
1	Usually	1	Sometimes
2	Not Often	2	Not often
3	Not at all	3	Very seldom

Please check you have answered all the questions

Scoring:  
Total score: Depression (D) \_\_\_\_\_ Anxiety (A) \_\_\_\_\_  
0-7 = Normal  
8-10 = Borderline abnormal (borderline case)  
11-21 = Abnormal (case)



Caratteristiche cliniche prima e dopo il lockdown

N=56	Before lockdown	After lockdown	t/ $\chi^2$	df	p
Age, mean ( $\pm$ SD)	47.94 (9.25)	-			
Female gender, N (%)	38 (67.9)	-			
Weight (Kg), mean ( $\pm$ SD)	118.17 (21.94)	118.32 (22.05)	-.176	55	.861
Height (m), mean ( $\pm$ SD)	1.67 (0.099)	-			
BMI (kg/m <sup>2</sup> ), mean ( $\pm$ SD)	42.18 (5.72)	42.23 (5.79)	-.165	55	.869
<i>Bariatric procedure, N (%)</i>					
Gastric By-Pass	43 (76.8)				
Sleeve Gastrectomy	1 (1.8)				
Intragastric Balloon Position	12 (21.4)				
<i>Maladaptive Eating Habits (N=54), N (%)</i>					
Binge Eating*	2 (3.7)	7 (13.0)	3.030	1	.082
Gorging	31 (57.4)	24 (44.4)	1.815	1	.178
Grazing/Snacking	34 (63.0)	39 (72.2)	1.057	1	.304
Sweet-Eating	24 (44.4)	16 (29.6)	2.541	1	.111
Night Eating	1 (1.9)	1 (1.9)	.000	1	1.000
Emotional Eating	23 (42.6)	31 (57.4)	2.370	1	.124
HADS Anxiety score, mean ( $\pm$ SD)	-	5.70 (3.68)			
HADS Anxiety Abnormal (case) (score $\geq$ 11), N (%)	-	5 (8.9)			
HADS Depression score, mean ( $\pm$ SD)	-	4.75 (3.00)			
HADS Depression Abnormal (case) (score $\geq$ 11), N (%)	-	2 (3.6)			
<b>SAS** Anxiety index score, mean (<math>\pm</math>SD)</b>	<b>48.98 (11.54)</b>	<b>40.93 (8.81)</b>	<b>4.518</b>	<b>45</b>	<b>&lt;.001</b>
<b>SAS** above normal range (score<math>\geq</math>45), N (%)</b>	<b>29 (63.0)</b>	<b>14 (30.4)</b>	<b>9.824</b>	<b>1</b>	<b>.002</b>
<b>SDS** Depression index score, mean (<math>\pm</math>SD)</b>	<b>45.52 (11.30)</b>	<b>42.76 (10.83)</b>	<b>1.908</b>	<b>45</b>	<b>.063</b>
<b>SDS** above normal range (score<math>\geq</math>45), N (%)</b>	<b>23 (50.0)</b>	<b>17 (37.0)</b>	<b>1.592</b>	<b>1</b>	<b>.207</b>

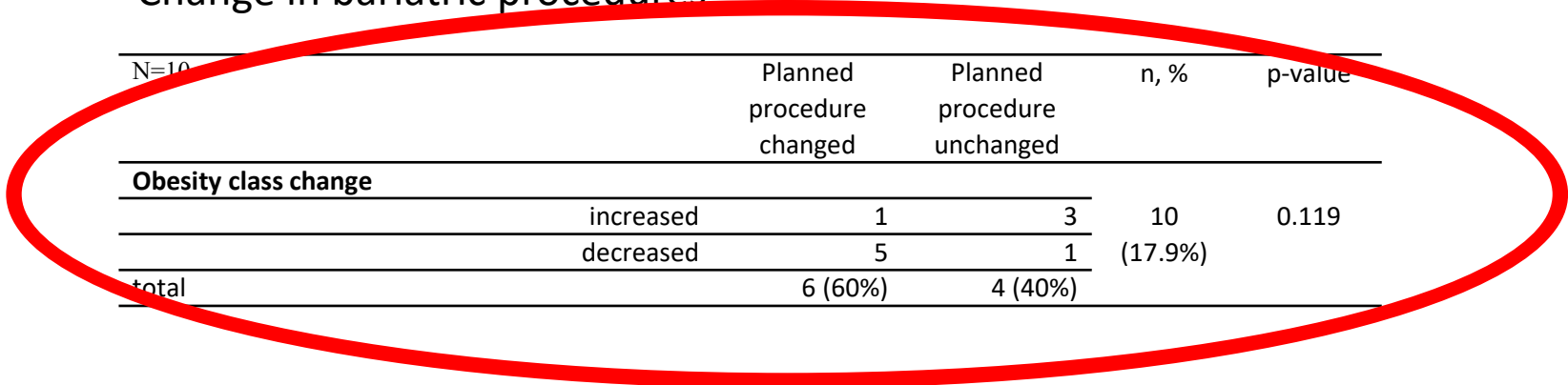


### Obesity class variation

N=56		Before lockdown	After lockdown
	obesity class		
	I	4	5
	II	21	20
	III	25	27
	super obese	6	3
	super super-obese	0	1

### Change in bariatric procedures

N=10		Planned procedure changed	Planned procedure unchanged	n, %	p-value
	<b>Obesity class change</b>				
	increased	1	3	10	0.119
	decreased	5	1	(17.9%)	
	total	6 (60%)	4 (40%)		





## Caratteristiche cliniche fra pazienti che hanno perso peso vs pazienti che hanno incrementato il peso durante il lockdown

N=56	weight increased N=32	weight decreased N=24	$t/\chi^2$	df	p
Age, mean ( $\pm$ SD)	48.53 (9.51)	47.14 (9.02)	.554	54	.582
Female gender, N (%)	24 (75.0)	14 (58.3)	1.747	1	.186
Height (m), mean ( $\pm$ SD)	1.67 (0.09)	1.67 (0.11)	.206	54	.838
Weight pre-lockdown (Kg), mean ( $\pm$ SD)	118.50 (21.72)	117.73 (22.70)	.128	54	.899
Weight post-lockdown (Kg), mean ( $\pm$ SD)	122.29 (21.21)	113.01 (22.48)	1.580	54	.120
<b><math>\Delta</math> weight, mean (<math>\pm</math>SD)</b>	<b>3.80 (4.14)</b>	<b>-4.72 (5.10)</b>	<b>6.897</b>	<b>54</b>	<b>&lt;.001</b>
BMI pre-lockdown (kg/m <sup>2</sup> ), mean ( $\pm$ SD)	42.20 (5.70)	42.15 (5.87)	.026	54	.979
<b>BMI post-lockdown (kg/m<sup>2</sup>), mean (<math>\pm</math>SD)</b>	<b>43.59 (5.68)</b>	<b>40.41 (5.53)</b>	<b>2.094</b>	<b>54</b>	<b>.041</b>
<b><math>\Delta</math> BMI, mean (<math>\pm</math>SD)</b>	<b>1.39 (1.56)</b>	<b>-1.74 (1.95)</b>	<b>6.690</b>	<b>54</b>	<b>&lt;.001</b>
<i>Bariatric procedure, N (%)</i>			1.429	2	.489
Gastric By-Pass	23 (71.9)	20 (83.3)			
Sleeve Gastrectomy	1 (3.1)	0 (0)			
Intragastric Balloon Position	8 (25.0)	4 (16.7)			
<i>Maladaptive Eating Habits, N (%)</i>					
Binge Eating* pre-lockdown	2 (6.5)	0 (0.0)	1.541	1	.214
Binge Eating* post-lockdown	6 (18.8)	1 (4.2)	2.667	1	.102
Gorging pre-lockdown	18 (58.1)	13 (56.5)	.013	1	.910
Gorging post-lockdown	14 (43.8)	10 (41.7)	.024	1	.876
Grazing/Snacking pre-lockdown	22 (71.0)	12 (52.2)	2.000	1	.157
Grazing/Snacking post-lockdown	26 (81.2)	15 (62.5)	2.459	1	.117
Sweet-Eating pre-lockdown	14 (42.2)	10 (43.5)	.015	1	.902
Sweet-Eating post-lockdown	9 (28.1)	9 (37.5)	.553	1	.457
Night Eating pre-lockdown	0 (0)	1 (4.3)	1.373	1	.241
Night Eating post-lockdown	1 (3.1)	0 (0)	.764	1	.382
Emotional Eating pre-lockdown	14 (45.2)	9 (39.1)	.196	1	.658
Emotional Eating post-lockdown	19 (59.4)	13 (54.2)	.152	1	.697
HADS Anxiety score, mean ( $\pm$ SD)	5.22 (3.47)	6.33 (3.92)	-1.125	54	.266
HADS Anxiety Abnormal (case) (score $\geq$ 11), N (%)	3 (9.4)	2 (8.3)	.018	1	.892
HADS Depression score, mean ( $\pm$ SD)	5.00 (2.93)	4.42 (3.13)	.716	54	.477
HADS Depression Abnormal (case) (score $\geq$ 11), N (%)	1 (3.1)	1 (4.2)	.043	1	.835
SAS Anxiety index score pre-lockdown, mean ( $\pm$ SD)	47.16 (9.80)	50.22 (12.96)	-.971	50	.336
SAS Anxiety index score post-lockdown, mean ( $\pm$ SD)	40.31 (8.83)	41.41 (8.93)	-.428	46	.670
SDS Depression index score pre-lockdown, mean ( $\pm$ SD)	44.28 (9.99)	47.13 (11.92)	-.939	50	.352
SDS Depression index score post-lockdown, mean ( $\pm$ SD)	41.46 (9.86)	44.36 (11.81)	-.928	46	.358
During the lockdown, did you feel more.... than usual					
bored	10 (31.2)	6 (25.0)	.263	1	.608
fearful of contagion	15 (46.9)	13 (54.2)	.292	1	.589
<b>distressed because of the lockdown</b>	<b>4 (12.5)</b>	<b>9 (37.5)</b>	<b>4.809</b>	<b>1</b>	<b>.028</b>
in need to eat more to compensate for negative emotions	7 (21.9)	4 (16.7)	.236	1	.627





Psychiatry Research 287 (2020) 112915

Contents lists available at ScienceDirect

Psychiatry Research

journal homepage: [www.elsevier.com/locate/psychres](http://www.elsevier.com/locate/psychres)



ELSEVIER

Letter to the Editor

The emotional impact of Coronavirus 2019-nCoV (new Coronavirus disease)

European Psychiatry

Effects of the lockdown on the mental health of the general population during the COVID-19 pandemic in Italy: Results from the COMET collaborative network

Research Article



THE LANCET

Log in Register Subscribe Claim 🔍 ☰

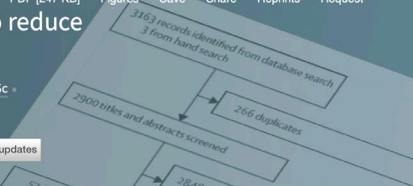
RAPID REVIEW | VOLUME 395, ISSUE 10227, P912-920, MARCH 14, 2020

PDF [247 KB] Figures Save Share Reprints Request

The psychological impact of quarantine and how to reduce it: rapid review of the evidence

Samantha K Brooks, PhD · Rebecca K Webster, PhD · Louise E Smith, PhD · Lisa Woodland, MSc · Prof Simon Wessely, FMedSci · Prof Neil Greenberg, FRCPsych · et al. Show all authors

Published: February 26, 2020 · DOI: [https://doi.org/10.1016/S0140-6736\(20\)30460-8](https://doi.org/10.1016/S0140-6736(20)30460-8) · Check for updates



BMJ 2020;369:m1379 doi: 10.1136/bmj.m1379 (Published 6 April 2020)

Page 1 of 1

LETTERS



SOCIAL DISTANCING IN COVID-19

Social distancing in covid-19: what are the mental health implications?

> [Cir Esp. 2020 Aug 15;S0009-739X\(20\)30271-2. doi: 10.1016/j.ciresp.2020.08.003.](https://doi.org/10.1016/j.ciresp.2020.08.003)

Online ahead of print.

Influence of the lockdown due to COVID-19 on ponderal results during the first year after vertical gastrectomy



Il blocco e il distanziamento sociale sembrano essere associati a una riduzione dei punteggi di ansia e depressione in questa popolazione obesa:

→ ↓ SAS e SDS →

→ → conferma da HADS

indicando ancora una volta che evitare le interazioni sociali per questi individui gravemente obesi era associato a meno ansia e depressione.



Nessun effetto significativo sul peso e sul BMI

→ Sebbene la variazione di peso non fosse significativa, una percentuale non trascurabile di pazienti ha cambiato la classe iniziale di obesità.

!!! possibile cambiamento della procedura bariatrica rispetto a quella pianificata!!!!



Grazie per l'attenzione