

**PP 14 - Factors associated with physical wellbeing of adolescents in an urban setting due to prolonged confinement at home during the COVID-19 pandemic**

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**Introduction:** Due to COVID-19 pandemic all schools underwent closure in mid-March with students confined to homes. Prolonged confinement leads to behavioural changes which may have negative consequences on the health and well-being. This study explored the factors associated with physical wellbeing of adolescents due to prolonged confinement at home.

**Methods:** A descriptive cross-sectional study was conducted in two National schools in Western province, Sri Lanka and information of adolescents between 13-17 years was collected via an online self-administered questionnaire after obtaining the informed consent of the students and their guardians. Lifestyle behaviour choices to ensure health and to avoid preventable diseases were considered under physical well-being. Data were collected 3 months after home confinement. Descriptive statistics and Chi-square were used for data analysis.

**Results:** Out of the 900 adolescents invited, 593 participated (response rate – 65.9%). 53% were males. Of the total sample, 61.6% and 66.6% adolescents spent <4 hours per day on educational activities and leisure activities respectively. Only 11.6% claimed that they engaged in screen-based leisure activities for more than six hours per day. More than half of the cohort (55%) of adolescents did not engage in any form of physical exercise for at least 20 minutes per day for more than half of the days and 49.9% claimed that they felt physically unfit and experienced reduced levels of energy. 58.5% claimed over-eating and 78.1% over-sleeping than before. The older adolescent category (16/17 years) and females were more likely to spend >4 hours on educational activities. The feeling of physically unfit and reduced levels of energy was significantly related to quantum of exercise ( $p=0.001$ ), over-eating ( $p=0.001$ ), over-sleeping ( $p=0.031$ ) and spending >3 hours on screen-based leisure activities ( $p=0.002$ ).

**Conclusions:** Prolonged confinement has resulted in unhealthy and unfavourable consequences on physical wellbeing in adolescents.

**Key words:** COVID-19, Adolescents, Confinement, Well-being

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