

Mental Health and Eating Disorder Experienced by Students of UiTM Perlis During Covid-19 Pandemic

Muhammad Danial Haikal Bin Mohd Sabri¹, Mohd Khairulanwar Md Yusof^{2*}, Ellail Ain Mohd Aznan³, Siti Amalina Mohd Yazid⁴

^{1,2,3}Faculty of Sports Science and Recreation, Universiti Teknologi MARA, Perlis Branch, Arau Campus, 02600 Arau, Perlis, Malaysia

⁴Faculty of Hotel and Tourism Management, University Teknologi MARA, Cawangan Melaka, Kampus Bandaraya, Melaka, Malaysia

Authors' Email Address: danialhaika7@gmail.com¹, m_khairulanuar@uitm.edu.my^{2}, ellailain@uitm.edu.my³, amalina2311@uitm.edu.my⁴*

Received Date: 25 November 2022

Accepted Date: 16 January 2023

Revised Date: 20 January 2023

Published Date: 31 January 2023

*Corresponding Author

ABSTRACT

The COVID-19 pandemic and the resulting economic recession have negatively affected many people's mental health and created new barriers of dietary habits of the human. This study examined the psychological level and dietary habit experienced by students of UiTM Perlis during the COVID-19 pandemic. The measurement scale entitled Depression, Anxiety, and Stress Scale (DASS-21) developed by Lovibond and Lovibond was adopted in this study. A total of 150 samples were selected using the stratified sampling conducted among students of UiTM Perlis. Findings related to the level of mental health recorded a moderate level of psychological distress experienced by students in relation to depression, anxiety, and stress. Moreover, hypothesis failed to identify any significant differences for all the factors of mental health (depression, anxiety, stress) and dietary habits in terms of gender groups. These findings could facilitate sports units, athletes, academicians, and the university to identify students with mental health issues and assist them in improving their mental health and lifestyle. Hopefully, future researchers could relate this health issue with studies on other populations.

Keywords : *COVID-19, dietary habits, mental health, students*

INTRODUCTION

Increased use of social media may be contributing to a rise in eating disorder (ED) problems (Holland & Tiggemann, 2016). Eating disorders are well known for disabling, potentially fatal, and mental illnesses that significantly impair physical health and disrupt psychosocial functioning (Treasure, Duarte & Schmidt, 2020). The American Psychiatric Association (APA) listed seven major eating

disorders which include diagnostic categories of anorexia nervosa and bulimia nervosa, binge-eating disorder, and three additional disorders: avoidant/ restrictive food intake disorder, pica, and rumination disorder and the category of otherwise specified feeding or eating disorders (OSFED) (Zipfel, Schmidt & Giel, 2022).

Furthermore, for eating disorder patients, the grocery shopping restrictions may have a variety of effects on eating habits (Zipfel et.al, 2020). They may encourage skipping meals and caloric restriction on the one hand, but they may also encourage binge eating because there is more food at home as a result of food insecurity and food hoarding on the other (Touyz, Lacey, & Hay, 2020; Weissman, Bauer, & Thomas, 2020). Another triggering factor of eating disorder is the hidden burden felt by the patient. Like any other mental health disorder, eating disorder are connected with significant stigma and self-stigmatization, as they are often perceived as trivial and self-inflicted disorders. Such stigma may obstruct help-seeking behaviour and contribute to the disorder's low visibility and general awareness in society.

Recently, the global pandemic declared by World Health Organization in 2020 caused by Coronavirus disease 2019 (COVID-19) had triggered shocked and affecting the world globally (Schlegl, Maier & Meule, 2020). New rules, regulations and procedures had been implemented to slow down the spread of the diseases (Schlegl et.al, 2020; Phillipou, Meyer, Neill, Tan, Toh, Rheenen & Rossell, 2020). The adaptation to the changes had somehow affected the society in different ways.

The public are obliged to reorganize their daily lives and social routines as a result of social dissident laws and the closure of institutions of higher learning like schools (Phillipou et.al, 2020). In the general Chinese population, it has been noted that the prevalence of anxiety and depression will rise from 4% in 2019 to 20% in 2020 (Li et al., 2020). Confusion, emotional isolation, insecurity, and stigma can all have an impact on an individual's health, well-being, and safety. The COVID-19 pandemic has increased the burden of eating disorders while also highlighting the critical need to raise awareness of these disorders. While the pandemic has harmed global population mental health, it appears to have had a particularly negative impact on people who have or are at risk of developing eating disorders (Zipfel et.al, 2020). As a result, because their responsibilities may include providing protection and or control, ED symptoms may worsen during times of uncertainty and instability (Schlegl et.al, 2020). This raises questions regarding the impact that the epidemic may have on current mental diseases.

LITERATURE REVIEW

Eating Disorder During COVID 19

Kristiand et al. 2021 in a study analyzed the description of Indonesian undergraduate students' food consumption patterns during the COVID-19 period. Questionnaires were distributed using Google form to 17–24 years old with 5924 persons active undergraduate students. The results indicated a relationship between gender, education level, social status, and funds source ($p = 0.000$). Overall, the finding of the study suggested that the students to maintain a diverse and balanced diet to boost their immunity optimally (Kristiand et.al, 2021).

Apart from that, research had been done by Perez et. al, (2020) sought to understand eating disorder of Spanish adult population altered during the confinement of the COVID-19 epidemic. The poll was completed by 7514 people from all around Spain (37 percent were under 35 years old, 70.6 percent were female, and 77.9 percent had a university degree or above) (Perez et.al, 2020). When compared to previous practices, the data demonstrated that healthier nutritional behaviours during confinement (European Federation of the Association of Dietitians (EFAD), 2020). Adjusted for age, gender, region, and other variables, multivariate logistic regression models revealed a statistically significant higher

likelihood of changing adherence to the MedDiet (towards an increase in adherence) in those who reduced their intake of fried foods, snacks, fast foods, red meat, pastries, or sweet beverages while increasing their intake of MedDiet-related foods such as olive oil, vegetables, fruits, or legumes (Muscogiuri, Barrea, Savastano & Colao, 2020). COVID-19 confinement in Spain has resulted in improved food habits/behaviors in the investigated population, as evidenced by increased adherence to the MedDiet. The findings of these studies might help to avoid chronic illnesses and COVID-19-related problems (Perez et.al, 2020).

Mental Health Status During COVID 19

Research by Thahir et al. (2021) determined the differences in anxiety levels between male and female students during the COVID-19 period based on the Hamilton Anxiety Rating Scale (Hamilton, 1969). This study used a survey method with a descriptive design. Sampling using accidental sampling, 396 respondents consisted of 99 male and 297 female with age range of 21-23 years was acquired. The results showed that overall respondents were experiencing high levels of anxiety about COVID-19. On the other hand, there was non-significant difference in anxiety levels between male and female students in facing the COVID-19 pandemic; thereby, indicating that gender did not have significant role in emotional reactivity, such as anxiety and fear (Moroń & Biolik-Moroń, 2021). The finding of this study say that anxiety would arise when there would be environmental pressures that can hinder one's activities of both male and female students (Moroń & Biolik-Moroń, 2021). Additionally, Joulia, Solomou and Constantinidou (2020) in a study found a significant psychosocial effects of the COVID-19 pandemic in the general population. This study also identified the risks and protective factors that predict changes in mental health status (Joulia et.al, 2020). Moreover Prowse et.al, (2021) also indicated a significant association on stress and mental health status. The study specified that effects of COVID 19 increased the level of stress and female were far more severe compared to male (Prowse et.al, 2021). These findings emphasised the significance of appropriate student support services across the postsecondary sector, as well as gender-informed initiatives to mitigate the effects of the COVID-19 epidemic (Jefferson, Hora, Pickens & Salman, 2021).

METHODOLOGY

Research Design

Implementing a quantitative design, survey by questionnaire, this study gauge on stress, anxiety, and depression experienced with eating disorder among UiTM Perlis students during COVID 19.

Research Population and Sampling

Purposive sampling technique is adopted in determining the sample of population. The total population of UiTM Perlis students is 7481.

According to Krejcie and Morga (1970), the sample size for total population is 364, however Suresh and Chandrashekar (2016) stated that a total of 20% need to be added to prevent irretrievable rate or decline, thus the sample size of this study is 437.

Research Instrument

This study adopts a quantitative research method by using a survey by questionnaire. A total 150 respondents voluntarily answered the questionnaire. Items in this questionnaire were divided into

three sections. Section A was related to the data on demographic characteristic. This segment consisted of the characteristics of students such as gender and educational level. Section B was related to the level of mental health. This section consisted of 21 questions which evaluate the level of mental health. These items were assessed using Likert type scale ranging from “Did not apply to me at all” (0) to “Applied to me very much or most of the time” (3). Items in Section B were adopted from the Depression, Anxiety, and Stress Scale (DASS-21), developed by Lovibond and Lovibond (1995). Section C was related to lifestyles during Covid-19 Pandemic, specifically on the diet. This section consisted of 5 questions that evaluate lifestyle during Covid-19 Pandemic among UiTM Perlis students. The items were assessed using Likert type scale ranging from “Significantly increased” (1) to “Significantly decreased” (5). Section C used the measurement scale adopted from the study of Archana Kumari (2020) which assessed changes in lifestyle related behaviors during COVID-19 pandemic.

RESULTS AND DISCUSSION

Table 1, 2 and 3 indicted the result of the differences between level of stress, anxiety and depression towards eating disorder among UiTM Perlis Students in terms of gender during COVID 19.

Table 1: Independent Sample T-Test for Differentiate the Level of Stress Experienced Between the Male and Female Students of UiTM Perlis During COVID-19 Pandemic

		T-Test for Equity of Means					
	Gender	N	Mean	Median	t	df	Sig. (2-tailed)
Anxiety	Male	75	2.05	2.14	0.23	148	.982
	Female	75	2.04		0.23	144.04	.982

The finding reveals that there are no significant differences experienced between the male and female students of UiTM Perlis in terms of depression, anxiety, and stress. However, statistic recorded slightly higher experience on stress level for the male students ($M = 2.37$) as compared to the females ($M = 2.32$). Stress is the state in which a person feels overburdened or unable to do anything due to uncontrollable tension. The results showed that respondents had trouble relaxing and were intolerant of anything that hindered them from finishing their task. Additionally, most of the respondents experienced abrupt sensitivity. The study found that these elements stressed out the responders. Only few research has been conducted on depression, anxiety, and stress among university students, even though psychological problems were prevalent during the COVID-19 pandemic (Liu et al. 2020). "Protective" characteristics were frequent interaction with colleagues, emotional tranquilly compared to pre-pandemic levels, and psychological resilience. Males and females also differed greatly in their ability to adjust to present living and working situations, respond to fever, and require psychological support services.

Table 2: Independent Sample T-Test for Differentiate the Level of Anxiety Experienced Between the Male and Female Students of UiTM Perlis Students During COVID-19 Pandemic

		T-Test for Equity of Means					
	Gender	N	Mean	Median	t	df	Sig. (2-tailed)
Stress	Male	75	2.37	2.43	-0.666	148	.507
	Female	75	2.32		-0.666	137.53	.507

The study discovered a substantial difference in anxiety levels between male and female students during the COVID-19 pandemic. Findings identified that the male students experienced greater level of anxiety ($M = 2.05$) compared to the females ($M = 2.04$). Anxiety is defined by pressure-related thoughts, anxieties, and bodily changes (Felman, 2020). According to Tsukamoto et al. (2021), there is one research that reveals that the variables impacting anxiety and depression in COVID-19 patients differed by gender. Male patients whose colleagues were also infected with COVID-19 tended to have higher sadness and anxiety because colleague infection.

Table 3: Differences on The Level of Depression Experienced Between the Male and Female Students of UiTM Perlis Students During COVID-19 Pandemic

		T-Test for Equity of Means					
	Gender	N	Mean	Median	t	df	Sig. (2-tailed)
Depression	Male	75	2.32	2.43	-1.930	148	.056
	Female	75	2.12		-1.930	122.81	.056

This study discovered a substantial difference in the degree of depression experienced by male and female students during the COVID-19 pandemic. The male students portrayed ($M = 2.32$) a greater degree of depression than women ($M = 2.12$). This finding suggested that the students had experienced depression because of the COVID-19 pandemic epidemic. Depression is a mental disorder that manifests as a depressed mood, dullness, lack of enjoyment, or poor self-esteem. These results supported Ellison et al.'s (2021) findings, which showed that while men's anxiety levels were marginally lower than women's, they experienced greater levels of depressive symptoms and suicidal thoughts. Men sought mental health care for family and relationships at a greater rate than women as of September 2020, with visits increasing year over year.

CONCLUSION

In conclusion, Covid-19 pandemic had changed a lot of things globally, especially on students' mental health and dietary habits. During the COVID-19 pandemic, students' mental health and eating habits had changed. Psychological well-being and nutritional habits are crucial but sometimes disregarded aspects of teenage well-being, particularly during difficult circumstances. The current findings revealed

the occurrence of sadness, anxiety, and stress during the COVID-19 pandemic. This research also included information on food changes throughout the epidemic as well as other coping mechanisms. These findings show that, as the epidemic evolves, it is critical to continue monitoring students' well-being. More controlled research is needed to determine the relationship between pandemic lifestyle, mental health effects, and nutritional changes. There are a few ways to overcome mental health problem during Covid-19. Students need to make sure that they keep contact with their friends. If their movements are restricted, students are advised to need to regularly contact people who are close to them through telephone and online channels so that they could keep their mental health in good condition.

ACKNOWLEDGEMENTS

The authors would like to thank the Universiti Teknologi MARA Perlis Branch for provision of related research resources. The authors would also like to thank the anonymous reviewers for their useful suggestions.

FUNDING

This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.”

AUTHORS' CONTRIBUTION

The authors confirm contribution to the paper as follows study conception and design, data collection, analysis had done by Ellail Ain Mohd Aznan, Siti Amalina Mohd Yazid while interpretation of results, draft manuscript preparation had been made by Muhammad Danial Haikal bin Mohd Sabri and Mohd Khairulanwar Md Yusof. All authors reviewed the results and approved the final version of the manuscript.

CONFLICT OF INTEREST DECLARATION

I, the Corresponding Author, declare that this manuscript is original, has not been published before and is not currently being considered for publication elsewhere. I would like to draw the attention of the Editor to the following publications of one or more of us that refer to aspects of the manuscript presently being submitted. Where relevant copies of such publications are attached.

I can confirm that the manuscript has been read and approved by all named authors and that there are no other persons who satisfied the criteria for authorship but are not listed. I further confirm that the order of authors listed in the manuscript has been approved by all of us. I understand that the Corresponding Author is the sole contact for the Editorial process and is responsible for communicating with the other authors about progress, submissions of revisions and final approval of proofs. We testify to the fact that all Authors have contributed significantly to the work, validity and legitimacy of the data and its interpretation for submission to Jurnal Intelek.

REFERENCES

- Aktekin M, Karaman T, Senol YY, Erdem S, Erengin H, Akaydin M. Anxiety, depression and stressful life events among medical students: a prospective study in Antalya, Turkey. *Med Educ.* 2001 Jan;35(1):12-7 <http://dx.doi.org/10.1046/j.1365-2923.2001.00726.11123589>.
- Brooks SK, Webster RK, Smith LE, Woodland L, Wessely S, Greenberg N, et al. The psychological impact of quarantine and how to reduce it: *Rapid review of the evidence*. *The Lancet.* 2020;395(10227):912-20.
- Fenollar-Cortés, J., Jiménez, Ó., Ruiz-García, A., & Resurrección, D. M. (2001, January 1). Gender Differences in Psychological Impact of the Confinement During the COVID-19 Outbreak in Spain: *ALongitudinalStudy.Frontiers*.
<https://www.frontiersin.org/articles/10.3389/fpsyg.2021.682860/full>
- Gan, Wan Ying & Taib, Nasir & Mohd Shariff, Zalilah & Abu Saad, Hazizi. (2011). Differences in eating behaviours, dietary intake and body weight status between male and female Malaysian University students. *Malaysian journal of nutrition.* 17. 213-28.
- Guarner, J. (2020). Three Emerging Coronaviruses in Two Decades: The Story of SARS, MERS, and Now COVID-19. *American Journal of Clinical Pathology*, 153(4), 420-421. <https://doi.org/10.1093/ajcp/aqaa029>
- Jefferson, F. A., Hora, M. T., Pickens, S. L., & Salzman, H. (2021). The impact of COVID-19 on tenure clocks, the evaluation of productivity, and academic STEM career trajectories. *Impact of COVID-19 on the careers of women in academic sciences, engineering, and medicine*
- Keckojevic, A., Basch, C. H., Sullivan, M., & Davi, N. K. (2020, September 30). The Impact Of the COVID-19 Epidemic on Mental Health of Undergraduate Students In New Jersey, Cross-sectional Study. The impact of the COVID-19 epidemic on mental health of undergraduate students in New Jersey, cross-sectional study.
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0239696>
- Kristiandi, Kiki & Yuniato, Andi & Darawati, Made & Doloksaribu, Tetty & Anggraeni, Ike & Pasambuna, Muksin & Akbarini, Oon. (2021). Food Consumption Patterns of Male and Female Undergraduate Students in Indonesia During New Normal Implementation of Pandemic Covid-19 Era. *Open Access Macedonian Journal of Medical Sciences.* 9. 278-282. [10.3889/oamjms.2021.5926](https://doi.org/10.3889/oamjms.2021.5926).
- Malaysia Healthcare Performance Unit. (2016). *Malaysian Mental Healthcare Performance: Technical Report 2016*. Ministry of Health Malaysia, Putrajaya.p. 1-67.
- Martin, J.M. (2010) Stigma and Student Mental Health in Higher Education. *Higher Education Research and Development*, 29, 259-274. <http://dx.doi.org/10.1080/07294360903470969>
- Moroń, M., & Biolik-Moroń, M. (2021). Trait emotional intelligence and emotional experiences during the COVID-19 pandemic outbreak in Poland: A daily diary study. *Personality and Individual Differences*, 168, 110348.
- Munir, S., & Takov, V. (2022, January 9). *Generalized Anxiety Disorder - StatPearls - NCBI Bookshelf*. Generalized Anxiety Disorder - StatPearls - NCBI Bookshelf.
<https://www.ncbi.nlm.nih.gov/books/NBK441870/>
- Muscogiuri, G., Barrea, L., Savastano, S., & Colao, A. (2020). Nutritional recommendations for CoVID-19 quarantine. *European journal of clinical nutrition*, 74(6), 850-851.
- Park, K., Kim, A., Yang, M., Lim, S., & Park, J. (2021, February 26). *Impact Of the COVID-19 Pandemic on the Lifestyle, Mental Health, And Quality of Life of Adults in South Korea*. Impact of the COVID-19 pandemic on the lifestyle, mental health, and quality of life of adults in South Korea.
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0247970>
- Paykel, Eugene. (2008). Basic concepts of depression. *Dialogues in clinical neuroscience.* 10. 279-89.
- Pérez, C. R., -Montes, E. M., Verardo, V., Artacho, R., -Villanova, B., -Hernández, E., & -López, M. D. (2020, June 10). *Changes In Dietary Behaviours During the COVID-19 Outbreak Confinement in the Spanish COVIDiet Study*. Changes in Dietary Behaviours during the COVID-19 Outbreak

- Phillipou, A., Meyer, D., Neill, E., Tan, E. J., Toh, W. L., Van Rheenen, T. E., & Rossell, S. L. (2020). Eating and exercise behaviors in eating disorders and the general population during the COVID-19 pandemic in Australia: Initial results from the COLLATE project. *International Journal of Eating Disorders*, 53(7), 1158-1165. Confinement in the Spanish COVIDiet Study. <https://www.mdpi.com/2072-6643/12/6/1730>
- Prowse, R., Sherratt, F., Abizaid, A., Gabrys, R. L., C. Hellemans, K. G., Patterson, Z. R., & McQuaid, R. J. (2001, January 1). Coping With the COVID-19 Pandemic: Examining Gender Differences in Stress and Mental Health Among University Students. *Frontiers*. <https://www.frontiersin.org/articles/10.3389/fpsy.2021.650759/full>
- ResearchGate, (2021, April 14). (PDF) Food Consumption Patterns of Male and Female Undergraduate Students in Indonesia During New Normal Implementation of Pandemic Covid-19 Era. ResearchGate. https://www.researchgate.net/publication/351454662_Food_Consumption_Patterns_of_Male_and_Female_Undergraduate_Students_in_Indonesia_During_New_Normal_Implementation_of_Pandemic_Covid-19_Era
- Schlegl, S., Maier, J., Meule, A., & Voderholzer, U. (2020). Eating disorders in times of the COVID-19 pandemic—Results from an online survey of patients with anorexia nervosa. *International Journal of Eating Disorders*, 53(11), 1791-1800.
- Selye, H. (1973). The Evolution of the Stress Concept: The originator of the concept traces its development from the discovery in 1936 of the alarm reaction to modern therapeutic applications of syntoxic and catatoxic hormones. *American Scientist*, 61(6), 692–699. <http://www.jstor.org/stable/27844072>
- Sheela, S., Karuthan, C., Kamilah, K., Mohammad, N., Gul, M. B., Heba, B. K., & Syed Far, A. H. (2020). Psychological impact of Covid-19 and lockdown. *International Journal of Environmental Research and Public Health*, 17(17), 6206. <https://doi.org/10.3390/ijerph17176206>
- Shukla, P. (2020, August 1). Impact of Covid-19 on students' mental health and wellbeing. *Psychreg*. <https://www.psychreg.org/impact-of-covid-19-on-students-mental-health-and-well-being/>
- Skinner (1953). *Operant Conditioning | Principles of Psychology*. Operant Conditioning | Principles of Psychology. <https://courses.lumenlearning.com/psychology2x4master/chapter/operant-conditioning/>.
- Solomou, I., & Constantinidou, F. (2020, July 8). Prevalence And Predictors of Anxiety and Depression Symptoms During the COVID-19 Pandemic and Compliance with Precautionary Measures: Age and Sex Matter. Prevalence and Predictors of Anxiety and Depression Symptoms during the COVID-19 Pandemic and Compliance with Precautionary Measures: Age and Sex Matter. <http://www.scielo.org.co/pdf/ijpr/v7n2/v7n2a05.pdf>
- Son, C. (2020, September 1). *Effects Of COVID-19 On College Students' Mental Health In the United States: Interview Survey Study*. PubMed Central (PMC). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7473764/>
- Thahir, A., S., Bulantika, S. Z., & Novita, T. (2021, March 31). Gender Differences On COVID-19 Related Anxiety Among Students | Pakistan Journal of Psychological Research. Gender Differences on COVID-19 Related Anxiety Among Students | Pakistan Journal of Psychological Research. <https://www.pjprnip.edu.pk/index.php/pjpr/article/view/714>
- Treasure J, Duarte TA, Schmidt U. Eating disorders. *Lancet* 2020; 395: 899–911.
- European Federation of the Association of Dietitians (EFAD). Covid-19 Information on Nutritional Support. Available online: <http://www.efad.org/en-us/covid-19/> (accessed on 15 April 2020).
- Tsukamoto, R., Kataoka, Y., Mino, K., Ishibashi, N., Shibata, M., Matsuo, H., & Fujiwara, H. (2001, January 1). Gender Differences In Anxiety Among COVID-19 Inpatients Under Isolation: A Questionnaire Survey During the First And Second Waves Of the COVID-19 Pandemic In Japan. *Frontiers*. <https://www.frontiersin.org/articles/10.3389/fpubh.2021.708965/full>
- Türkoğlu, Serhat & Uçar, Halit & Çetin, Fatih & Guler, Hasan & Tezcan, Muatafa. (2020). The relationship between chronotype, sleep, and autism symptom severity in children with ASD in

- COVID-19 home confinement period. *Chronobiology International*. 37. 1-7. 10.1080/07420528.2020.1792485.
- Ünalın, Demet & Soyuer, Ferhan & Baştürk, Mustafa & Elmali, Ferhan. (2018). The Social Anxiety Levels of University Students and Their Relationship with Depression, Anxiety and Demographic and Socio-Cultural Characteristics. *Kafkas Journal of Medical Sciences*. 8. 1-12. 10.5505/kjms.2017.05900.
- Voltmer, E., Köslıch-Strumann, S., Walther, A., Kasem, M., Obst, K., & Kötter, T. (2021, July 13). The Impact Of the COVID-19 Pandemic on Stress, Mental Health and Coping Behavior in German University Students – a Longitudinal Study Before and After the Onset of the Pandemic - BMC Public Health. *BioMedCentral*. <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-021-11295-6#Sec13>
- Wenjun, C., Ziwei, F., Guoqing, H., Mei, H., Xinrong, X., Jiabin, D., & Jianzhong, Z. (2020). The psychological impact of the Covid-19 epidemic on college students in China. *Psychiatry Research*, 287 World Health Organization. (2020). *Coronavirus*. World Health Organization. https://www.who.int/health-topics/coronavirus#tab=tab_1
- Zipfel, S., Schmidt, U., & Giel, K. E. (2022). The hidden burden of eating disorders during the COVID-19 pandemic. *The Lancet Psychiatry*, 9(1), 9-11.