

Table 1 Personal health habits of medical students in Tehran during the COVID-19 pandemic in September 2021

Weekly physical activity	Never	112 (13.1%)
	1 or 2 times	308 (35.9%)
	≥ 3 times	308 (35.9%)
	Every day	129 (15.1%)
Daily tooth brushing/mouth washing	Never	5 (0.6%)
	Occasionally	41 (4.8%)
	1 or 2 times	693 (80.7%)
	≥ 3 times	118 (13.9%)
Regular Sleep-wake pattern	No	431 (50.3%)
	Yes	426 (49.7%)
Average daily sleep duration	< 6 hours	117 (13.7%)
	6–8 hours	460 (53.7%)
	8–10 hours	262 (30.6%)
	≥ 10 hours	18 (2.1%)
Smoking	Yes	47 (6.5%)
	No	809 (94.4%)
	No answer	
Average daily time on computer, tablet or mobile	Never	26 (3.0%)
	< 2 hours	249 (29.1%)
	2–4 hours	297 (34.7%)
	> 4 hours	258 (30.1%)
	No answer	27 (3.2%)