

Table 2 Effect of physical distancing restrictions on health among medical students in Tehran in September 2021

Did you have a sudden change in health status during the COVID-19 pandemic?	Yes	91 (10.6%)
	No	625 (72.9%)
	No answer	141 (16.5%)
Did your body weight change during the COVID-19 pandemic?	No	146 (17.0%)
	Yes	711 (83.0%)
How has your body weight changed during the COVID-19 pandemic?	Decreased	90 (10.5%)
	Increased	674 (78.6%)
	No change	93 (10.8%)
Did the lockdown and pandemic limit you from exercising, daily activities and learning?	No	32 (3.7%)
	Yes	657 (76.7%)
	No answer	168 (19.6%)
Did you have difficulty completing your academic duties because of COVID-19?	Yes	278 (32.4%)
	No	483 (56.4%)
	No answer	96 (11.2%)
Have you smoked or increased smoking during the COVID-19 pandemic?	Yes	26 (3.0%)
	No	831 (97%)
How have your sleep patterns changed during the COVID-19 pandemic?	Decreased	584 (68.1%)
	Increased	111 (12.9%)
	No change	162 (18.9%)
How has your media usage changed during the COVID-19 pandemic?	Decreased	65 (7.6%)
	Increased	701 (81.8%)
	No change	91 (10.6%)
How has your fast-food consumption changed during the COVID-19 pandemic?	Decreased	47 (5.5%)
	Increased	197 (23.0%)
	No change	584 (68.1%)
Have you experienced excessive stress or anxiety because of the COVID-19 pandemic?	Yes	674 (78.6%)
	No	183 (21.4%)
Have you been too obsessed with hygiene and washing during the COVID-19 pandemic?	Yes	81 (9.5%)
	No	776 (90.5%)