

**Table 3 Correlation between changes in lifestyle among medical students in Tehran during the COVID-19 pandemic in September 2021**

	Weekly physical activity		Regular sleep pattern		Daily hours of sleep		Smoking		Daily hours of media usage	
	r <sup>a</sup>	P	r	P	r	P	r	P	r	P
Sudden changes in health during the COVID-19 pandemic	0.75	0.861	4.81	<b>0.028</b>	0.09	<b>0.004</b>	0.07	<b>0.034</b>	0.05	0.100
Weight changes during the COVID-19 pandemic	7.68	0.053	2.29	0.130	0.09	<b>0.004</b>	0.02	0.385	-0.08	0.804
Difficulty in studying because of stress, anxiety or depression	44.88	<b>0.006</b>	11.67	0.166	-0.04	0.111	-0.09	<b>0.002</b>	0.02	0.442
Hospitalization because of COVID-19	3.29	0.308	0.42	0.517	0.08	<b>0.017</b>	0.19	<b>&lt;0.001</b>	0.03	0.250
Infected with COVID-19	3.59	0.308	12.82	<b>&lt;0.001</b>	0.12	<b>&lt;0.001</b>	0.05	0.084	0.09	<b>0.004</b>
Hygiene obsession	31.62	<b>0.024</b>	0.76	0.135	-0.10	0.849	-0.07	0.195	0.06	<b>0.020</b>

<sup>a</sup>r refers to  $\chi^2$  statistics. Bold values are statistically significant.