



Impact on Human Health, Lifestyle and Quality of Care after COVID-19

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Message from the Guest Editors

The COVID-19 pandemic induced many changes in the lifestyle of people of all ages. Many countries adopted measures to restrict individuals' movement as part of efforts to reduce the number of people infected with COVID-19. These measures led to social isolation, working from home, the home-schooling of children and students, and a lack of physical activity. Social distancing and sedentary behaviors are associated with high levels of anxiety, depression, low mood and sleep disturbances. Sedentary behaviors and screen time may also be associated with nutrition changes and weight gain. It has been demonstrated that acute respiratory syndrome coronavirus 2 (SARS-COV-2) may trigger the presentation or exacerbation of autoimmune diseases. In addition, the consequences of the pandemic must be evaluated with regard to people who suffered from functional limitations before COVID-19, as their physical and mental condition may have been modified by the pandemic.

In this Special Issue, we aim to evidence the impact of lifestyle changes and the consequences of the pandemic on human health in order to improve patient's quality of life.





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