

Title/Titre: The role of the close correlation between psychic state and diet through a study of the population during lockdown/ Mise en évidence de la corrélation entre état psychique et alimentation à travers une étude de la population durant le confinement

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Abstract

Objective: Nutrition is an issue of major public health and the concept of food addiction is accepted today. Lockdown of the French population entailed negative psychological effects on people.

Our main objective is to study the correlation between psychic state and food thanks to the analysis of the behaviour of the population during lockdown.

Method: We have made a transversal descriptive study as a connected inquiry from April 21 to May 13 2020 together with Nice University Hospital and Nice EDHEC Business School. The signs of physical psychic impact such as anxiety and depression have been studied before and during the lockdown. We have assessed the level of craving concerning healthy food products and non healthy products. We have then studied the links between the score of food craving and quality of life. Then, the variables with a p -value <0.1 in univariate analysis have been kept to build a linear regression in multivariate analysis.

Results: The sample includes 939 usable questionnaires (73.6%). In univariate analysis, there is a significant increase of the craving for non healthy products ($p < 0.01$) but also for healthy products ($p < 0.01$) during the lockdown. We acknowledge a correlation between healthy food consumption and symptoms of anxiety as well as food consumption of non healthy products and symptoms of depression. In multivariate analysis, we note that the more the symptoms of depression increase; the more the tendency to consume non healthy food increases. Conversely, the more the symptoms of depression decrease, the more the craving for healthy food products increases.

Conclusion: Lockdown has allowed us to validate our hypothesis concerning the correlation between people's psychic state and their diet. This puts forward an interest in therapeutic perspectives on people's way of feeding themselves. So we can think that by treating the psyche, we'll be able to control people's diet.