



Article Analysis

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Title


Eating in lockdown during the Covid 19 pandemic; self-reported changes in eating behaviour, and associations with BMI, eating style, coping and health anxiety

Research Article Analysis

Coulthard, H., Sharps, M., Cunliffe, L., & van den Tol, A. (2021). Eating in the lockdown during the Covid 19 pandemic; self-reported changes in eating behaviour, and associations with BMI, eating style, coping and health anxiety. *Appetite*, 161. <https://doi.org/10.1016/j.appet.2020.105082>



Article Summary

- The Covid-19 pandemic resulted in a 'lockdown', in the UK which created a unique environment.
 - This study looked at self-reported changes to perceived eating patterns and behaviour during the lockdown period.
 - This study also looked at the correlation between these changes and BMI, demographic variables, eating disorders, health anxiety, food insecurity and coping strategies.
 - Prior research indicates that similar events caused an increase in both healthy and unhealthy eating behaviours.
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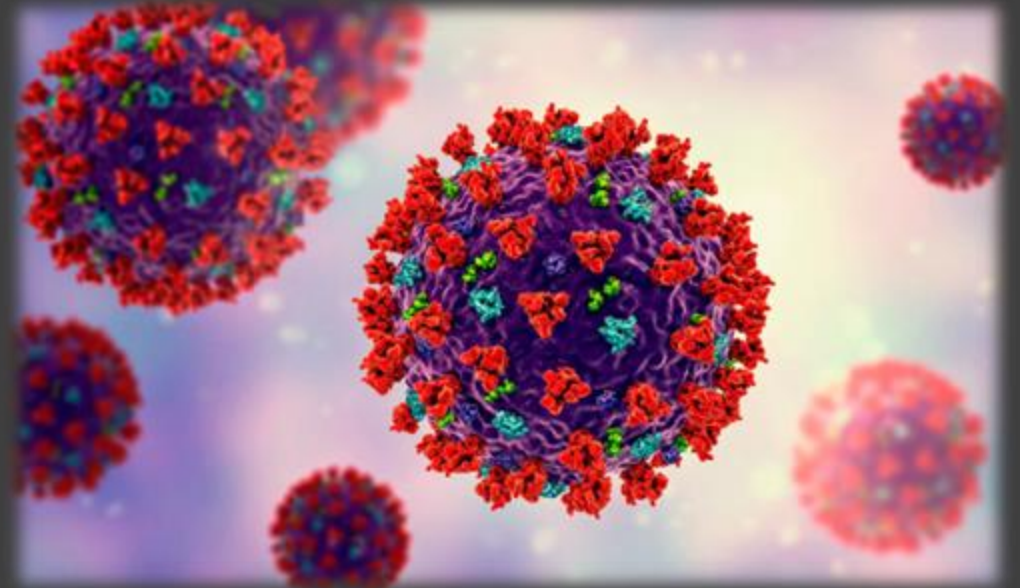
A background image showing a desk with several books, a pair of black-rimmed glasses, and a red pen. A large, semi-transparent white circle is overlaid on the left side of the image, containing the title and list.

Article Evaluation

- Introduction
- Review of Literature
- Participants
- Materials
- Procedure
- Data Analysis
- Results
- Type of Research
- Discussion (Conclusion)
- Discussion (Recommendation)


Introduction

- The purpose of this study was to examine self-reported changes in eating patterns and behaviour during the lockdown in the UK, and its relationships with BMI, demographic factors, health anxiety, food insecurity, eating styles, and coping strategies.
- It was clearly and concisely presented by the authors, as there were no gaps between the stated objective and its variables.
- The overall introduction was complete and informative, as the events of the pandemic, results of previous studies, variables to be studied, and purpose of the study was clearly determined and well explained without straying from the topic at hand.





Literature Review

- The review of literature in this study is very comprehensive as it covers all aspects of the presented topic.
 - The authors cite previous research about the coronavirus (Covid-19) pandemic and its adverse effects in the changes of eating behaviours, and explains the multiple factors associated with the changes in eating behaviour when experiencing a unique environment.
 - The authors also clearly defined specific phrases and jargon used throughout the study such as HED, and EE
 - The references cited by the authors were up-to-date
 - The authors do a good job in finding sufficient references of this fairly new topic, by citing similar and relevant past research based on previous pandemics, and natural disasters.
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Participants

- The participants selection process was based on:
 - ☐ Age (18 years old above)
 - ☐ Resident in the UK
 - ☐ Have not tested positive for Covid 19
- 750 participants were recruited, and only 620 participants finished the questionnaire material and were included in the final sample.
- The process of selection was explained clearly in the study, as it gave the readers a good understanding of the sample size and targeted population.
- The only critique is the opportunity and snowballing sampling from social media posts, as prevalence of sampling bias can be seen.

Materials

- The study's questionnaire has multiple section,
 - ☐ Demographic Characteristics
 - ☐ Food Consumption
 - ☐ Eating Behaviour: The Three-Factor Eating Questionnaire – Revised 18-item version (TFEQ-R18)
 - ☐ Coping Strategies: The Brief Coping Inventory
 - ☐ Health Anxiety: The Short Health Anxiety Inventory
 - ☐ Food Insecurity: The Food Insecurity Experience Scale (FIES)
- All materials used in the study were described and explained clearly, and also well organized. The questions asked and the Likert scale's ranging were stated in detail.
- However, all questionnaire asked were answered on a Likert scale ranging. Participants might not be honest when they answering those questions.



Procedure

- The researcher does a great job of describing the ethical clearance.
 - ❑ The study stated ethical clearance was granted by the Health & Life Science Research and Ethics Committee of DeMontfort University, and adhered to guidelines of the British Psychology Society (BPS, 2013; BPS, 2014).
- The basic information for the procedure was well explained. Therefore, readers could understand easily and have an idea how the study was conducted.
- Information of procedure was provided.
 - ❑ Research Methods
 - ❑ Data Collection Period
- However, the researcher does not give any comments to improve the procedure.

Data Analysis

- Variety of tests were used for data analysis in the study.
 - ☐ Kolmogorov Smirnov Tests
 - ☐ Non-Parametric Tests
 - ☐ One-Way-Chi Square Tests
 - ☐ Preliminary Analyses
 - ☐ Spearman Rank Correlations
 - ☐ Bonferroni Adjustment
- The researcher does a great job in data analysing. Each tests were explained in details. Hence, readers could understand the purpose of all the tests.
- The process of data analysis was stated and explained step by step.
 - ☐ Step 1: Demographic Variables were entered when they were associated with the dependent variable.
 - ☐ Step 2: Health Anxiety, Pre-Lockdown Eating Behaviours, and Food Insecurity were entered if they had been associated with the dependent variable.
 - ☐ Step 3: Coping Strategies were entered into the model if they had been associated with the dependent variable.



Results

- The results of the study are aptly descriptive, and also clearly visualized.
- The collected data of changes in consumption of different food were shown in individual pie charts which provided good visuals representation of the degree of changes; however, the authors could have added data labels to the charts
- The data results of changes of food consumption during lockdown and its association with the argued factors, was excellently compiled and analysed into detailed numerical tables but was somewhat confusing
- Nevertheless, the authors could have included the specific formulas used or an example of calculation, to help improve the readability and understandability of the result section.

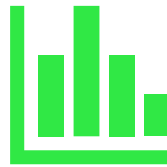


Type of Research



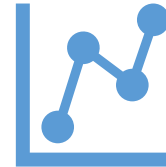
Knowledge Type

Basic and Deductive Research



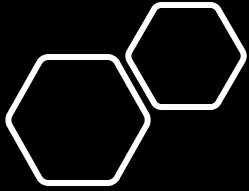
Research Data

Primary Data
Quantitative Data
Descriptive Data



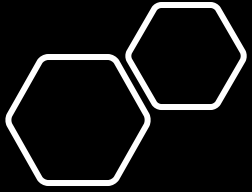
Sampling, Timescale & Location

Probability Sampling
Cross-sectional study
Field research
Fixed research design



Discussion (Conclusion)

- The main aim of the present study was to examine self-perceptions of changes to food consumption and eating behavior during the lockdown in the UK, and whether environmental changes such as BMI, health anxiety and coping strategies were associated to the changes in eating behaviour.
- The authors was able to connect each of the results to results obtained by other researchers
- The overall findings were consistent with prior research, thus the results obtained in the study were related with the aim of the research.
- The hypothesis made were accepted.
- The researchers does a great job in stating down the limitation of the research.
 - ❑ The sample was not representative of the UK population.
 - ❑ The financial or economic stress is not measure in the research.




Discussion (Recommendation)

- The limitations of the sampling methods of this study were well identified and explained by the authors
- The recommendations for future studies were pointedly stated. Future research need to adopt a longitudinal study to examine changes in eating habits as a consequence of changing restrictions, a variety of health, social and economic stressors, and infection rate.
- The suggestions made would generate more accurate and consistent findings.



Personal Opinion

The overall research study was clear and informative, as every aspect of changes in eating behaviour and its association with different variables, was well thought out and explained in detail. The only downside to this study would be the design of the data collection and the selection of participants, which used opportunity and snowball sampling through social media platforms and a wide baseline of participants. This might affect the consistency of the results and may cause bias. However, this limitation was already identified by the authors, and they have provided recommendation for future research. It would prove to be useful if this topic is more thoroughly and further researched on, as it may provide recommendation and guidance for future lockdowns or similar environment.



Thank you

