

عنوان مقاله:

Nutritional Knowledge, Attitude, and Practices Related to COVID-19 in People of Yazd, ۲۰۲۱

محل انتشار:

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خلاصه مقاله:

Background: The importance of healthy nutrition in increasing immunity and reducing disease has been identified for many years. Nutrient deficiencies lead to decreased immune function and thus increase the incidence or exacerbation of infections. This study aimed to investigate the knowledge, attitude, and nutritional function associated with COVID-19 disease in people of Yazd. Methods: This descriptive and analytical study was conducted in ۲۰۲۱. The sample size was ۴۲۰ adults in Yazd referring to health centers. Research tools included demographic checklist and questionnaire of nutritional knowledge, attitude, and practices related to COVID-19. Results: The mean scores of nutritional knowledge, attitude, and practices related to COVID-19 in people of Yazd were ۲۱.۳۵ ± ۴.۵۴ , ۲۰.۷۴ ± ۳.۵۸ , and ۳۸.۹۹ ± ۷.۳۹ , respectively. There was a statistically significant difference between knowledge and level of education and history of COVID-19 and practice with gender and history of COVID-19. The most important source of information for people was cyberspace. Conclusion: Knowledge of the nutritional factors affecting a disease can affect people's attitudes and practices. So that lack of sufficient knowledge and misunderstanding among people can increase the prevalence of the disease and delay the recovery of COVID-19. Due to the importance of this matter, the need to implement educational programs to inform people about proper practices should be considered.

کلمات کلیدی:

Knowledge, Attitude, Practice, Nutrition, COVID-19

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