

**Study Title: Impact of COVID 19 pandemic and social distancing on weight of patients in outpatient setting.**

**Principal Investigator: Kanchan Pillai, MD**

**Description of Research:** This study aims to investigate if the lockdown/stay at home order caused any changes in the weight of patients in an outpatient setting and what were the reasons for this change. You will be asked to complete a survey regarding weight changes and lifestyle changes during the COVID-19 pandemic.

**Voluntary Participation:** Participation in this study is voluntary. Refusal to participate in this study will not affect your relationship to this office or ProMedica Health System.

**Confidentiality:** No identifiers are collected as part of the study and the surveys are anonymous. Your medical records will not be accessed for this study. All attempts to maintain confidentiality will be taken.

**Contact Information:** If you have any questions before, during or after participating in this study, please contact Kanchan Pillai, MD at 567-585-0380

**Survey**

1) Age:

2) Sex:

3) Race:

- White
- African American
- American Indian
- Hispanic
- Asian
- Other

4) What was your weight (in lbs) before lockdown/stay at home order (March 2020)?

5) What is your current weight (in lbs)?

6) What is your height?

7) Did you work remotely during the lockdown/stay home order?

- Yes
- No
- Some of the time, Percentage \_\_\_\_\_
- Not applicable

8) During the lockdown/stay home order did your food intake change?

- Increased
- Decreased
- Stayed the same

9) During the lockdown/stay home order did your home cooking change?

- Increased
- Decreased
- Stayed the same

10) During the lockdown/stay home order did your physical activity change?

- Increased
- Decreased
- Stayed the same

11) During the lockdown/stay home order did your sleep duration change?

- Increased
- Decreased
- Stayed the same

12) During the lockdown/stay home order did your stress levels change?

- Increased
- Decreased
- Stayed the same

13) What is the reason for the change in your weight during the lockdown/stay home order?  
(mark all that are relevant)

- Change in food intake
- Change in physical activity
- Change in sleep duration
- Change in stress level

14) During the lockdown/stay home order were you hospitalized or had an illness that restricted your movement?

- Yes
- No

15) Have you had any interventions for weight loss?

- Yes
- No