



*medicina*



an Open Access Journal by MDPI

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

Guest Editors:

### **Dr. Bogdana Nasui**

Department of Community Health, "Iuliu Hațieganu" University of Medicine and Pharmacy, 6 Louis Pasteur Street, 400349 Cluj-Napoca, Romania

### **Dr. Codruta Popescu**

Department of Human Sciences, "Iuliu Hațieganu" University of Medicine and Pharmacy, 6 Louis Pasteur Street, 400349 Cluj-Napoca, Romania

Deadline for manuscript submissions:

**10 November 2024**

### **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.



[mdpi.com/si/184431](https://mdpi.com/si/184431)

# Special Issue



# medicina



an Open Access Journal by MDPI

## Editor-in-Chief

### **Prof. Dr. Edgaras Stankevičius**

Medical Academy, Lithuanian  
University of Health Sciences,  
Kaunas, Lithuania

## Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Medicina* (ISSN: 1648-9144). *Medicina* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on medicine. The scientific community and the general public can access the content free of charge as soon as it is published.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within [Scopus](#), [SCIE \(Web of Science\)](#), [PubMed](#), [MEDLINE](#), [PMC](#), and [other databases](#).

**Journal Rank:** JCR - Q1 (Medicine, General and Internal) / CiteScore - Q1 (General Medicine)

## Contact Us

---

*Medicina* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/medicina](http://mdpi.com/journal/medicina)  
[medicina@mdpi.com](mailto:medicina@mdpi.com)