

The COVID-19 alcohol paradox: British household purchases during 2020 compared with 2015-2019

Excess purchases were greater in the **most deprived households**, compared with the least deprived households. Excess purchases increased substantially as the amount of alcohol normally purchased by a household increased, with the top one fifth of households that normally bought the most alcohol increasing their purchases **more than 17 times** than the bottom one fifth of households that bought the least alcohol. That the heaviest buyers of alcohol increased their purchases the most, with some independent impact of socio-economic disadvantage, **might explain why reported alcohol problems and recent alcohol-related death rates might have increased.**

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0261609>

Impact of the first COVID-19 lockdown on body weight: A combined systematic review and a meta-analysis

Significant portion of the participants (**11.1–72.4%**) **stated that their body weight was increased during lockdown**, resulting in overall significant body weight increments in the current meta-analysis. This overall effect is alarming due to the risk of overweight, obesity and their relevant comorbidities. Moreover, the **body weight loss observed in one study in older adults** may be an alarming sign for lockdown-related risk of weight loss and **malnutrition in older adults**, and further research is required in this important population group.

<https://www.sciencedirect.com/science/article/pii/S0261561421002077>

Prevalence of suicidal ideation and correlated risk factors during the COVID-19 pandemic: A meta-analysis of 113 studies from 31 countries

In terms of social distance, a total of 12 studies (50%) assessed suicidal ideation during the lockdown period, and 11 studies (91.7%) found that **those who experienced lockdown or quarantine measures were more likely to generate negative emotions such as loneliness, anxiety, or depression. Suicidal ideation levels were higher than those without lockdown or quarantine measures.**

https://www.sciencedirect.com/science/article/pii/S0022395623003904?casa_token=GQbRq1tS8rkAAAAA:i2IoTqSv_zVaCdfMswmLNDrgB4pyYULQubouLrD0AijdgWhjHxonB4rGxnZsTIwh9DoeKcqhQ#bib53

Suicide, self-harm and suicidal ideation during COVID-19: A systematic review

The **pooled prevalence of suicidal ideation** in these studies was **12.1%** (CI 9.3–15.2). **Main risk factors** for suicidal ideations were: low social support, high physical and mental exhaustion and poorer self-reported physical health in frontline medical workers, sleep disturbances, **quarantine** and exhaustion, **loneliness**, and **mental health difficulties**. We provide first meta-analytic estimate of suicidal ideation based on large sample from different countries and populations. The rate of

suicidal ideations during COVID pandemic is higher than that reported in studies on general population prior to pandemic and **may result in higher suicide rates in future.**

<https://www.sciencedirect.com/science/article/pii/S0165178121005242>

Selezione di alcuni articoli significativi sui danni sanitari da lockdown e restrizioni

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