

The Impact of COVID-19 Health and Safety Measures on the Physical and Mental Health of College Students

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Abstract

The COVID-19 pandemic has resulted in forced isolation around the globe as a critical public health measure to prevent the spread of the disease. College students might be at higher risk for mental health risks and problems due to the restrictions from the pandemic. The combination of stress, change in sleeping habits, and sedentary behavior may cause an increase in the prevalent issue of obesity in this age group. Our first hypothesis was

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