



## The effect of online exercise training on general health and stress in covid-19 patients

### Poster Presentation

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### Abstract

**Introduction:** Covid- 19 was introduced as an epidemic on March 11, 2020. This widespread epidemic has caused great concern in the social, economic, and cultural spheres for all the world's people. Negative and unpleasant effects include feelings of depression, "widespread fear," feelings of guilt and anger, and increasing the general health problems and symptoms of depression and anxiety. In addition to therapeutic procedures, it is necessary to provide conditions to improve wellbeing. This study aimed to determine the effectiveness of online exercise training on these patients' general health and stress.

**Methods:** Based on inclusion criteria after the quarantine period, eight males 35 to 45 were selected in an accessible and targeted manner and were randomly divided into two groups. All participants have positive COVID test by PCR. The experimental group received online exercise training for 8 weeks, per week 3 sessions, per session 45 minutes, while the control group had no specific exercise program and intervention. The GHQ standard questionnaire and Cordon standard stress questionnaire were used in pre-test and post-test. Findings were analyzed using analysis of covariance at the significance level of 0.05 by SPSS software version 20.

**Results:** The results showed that online exercise training significantly affected general health ( $p=0.001$ ) and stress ( $p=0.03$ ). The Control group had no difference in measurements of pre and post-test ( $p\geq 0.05$ ).

**Conclusion:** Exercise and physical activity are complementary methods to improve psychological abilities and promote general health in Coronaviruses patients.

### Keywords

COVID-19; exercise; general health; Stress; Online training; Physical activity

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