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Coping strategies during the COVID-19 lockdown: A multicultural study on self-related risks

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Symposium summary: The current COVID-19 pandemic has been affecting the body image of individuals as well as their practice of physical exercise and their consumption of image- and performance-enhancing drugs (IPEDs) in an attempt to boost their appearance. This symposium will present the results of various cross-sectional studies that are part of an overarching global project aimed to study fitness habits during the COVID-19 lockdown which was carried out in eight countries (UK, Portugal, Spain, Italy, Hungary, Lithuania, Brazil, and Japan). These studies focus on: (1) Assessing the perception of body image during self-isolation; (2) Exploring the practice of exercising and related habits during self-isolation (e.g., using fitness apps or spending more time in social media); (3) Understanding whether exercise can help to cope with self-isolation; and (4) Exploring any potential use of IPEDs during self-isolation as a way to boost physical appearance. Findings have contributed to a better understanding of the effects of self-isolation on body image and the identification of related risky behaviours in the attempt to boost physical appearance, while contributing to the development of practices targeting mental and physical wellbeing in challenging times for humanity. *Funding:* This work has been supported by the Cost Action (CA) 16207 https://www.cost.eu/actions/CA16207/

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