

The impact of physical activity, sedentary behaviors, and healthy eating habits on anxiety and depression in relation to the COVID-19 pandemic

Record number : OPR-1174

Overview

RESEARCH DIRECTION

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INFORMATION

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ADMINISTRATIVE UNIT(S)

Faculté de médecine et des sciences de la santé
Département des sciences de la santé communautaire

LEVEL(S)

3e cycle
Stage postdoctoral

LOCATION(S)

Campus de Longueuil

Project Description

----Canadian population survey ----

Students will characterize changes in healthy lifestyle habits (e.g. physical activity, sedentary lifestyle, healthy eating habits, and alcohol consumption) and their impact on anxiety and depression in the pre- and post-pandemic periods, and the associated factors, using Canadian data.

Profiles sought

- Health sciences, public health or other relevant field.
- Experience in quantitative analysis

Discipline(s) by sector

Sciences de la santé

Épidémiologie et biostatistique

Funding offered

To be discussed

The last update was on 20 February 2026. The University reserves the right to modify its projects without notice.