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Facebook-based intervention on the physical and mental health of “working from home” professionals - A Randomized controlled trial

Prabhu M Prabhu

Manipal College of Health Professions

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Covid-19, E-health intervention, Facebook, prolonged sitting, sedentary behaviour, working from home

The present study aimed to explore the short term effects of a social media-based intervention on the physical and mental health of the software professionals working remotely during the pandemic. Sixty software professionals with poor physical and mental health were randomised to Facebook-based intervention (FIIT) and a control (CONT) group for 2 months. Forty-six remote workers (26.25 ± 3.49 years) completed the study (FIIT = 22; CONT = 26). All the respondents had the median sitting time (7.07 ± 2.30 h/day) during office hours on workdays. We found a significant difference in the sitting time during office hours in workday within the subjects ($F_{1,46} = 4.66$; $p < .004$; $\eta p^2 = .048$) and between the subjects ($F_{1,46} = 3.81$; $p < .004$; $\eta p^2 = .040$). Post hoc analysis revealed participants in the FIIT group reduced their sitting time by 58 min during office hours during a typical workday compared with the control group. Nevertheless, we found a significant difference in the scores of stress, anxiety and depression within and between the groups. Short-term social media-based physical and mental health intervention may improve physical and mental health scores in the desk-based office workers working remotely..