

## The CoNuTS-Study:

# Influence of Covid-19 on self-reported changes in Nutrition due to loss of Taste and Smell:

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### INTRODUCTION

- ❖ Loss of taste and smell refers to a common symptom of Sars Covid-19 (especially of the previous *Delta* version of the virus).
- ❖ Sensory loss, however, is not a life-threatening condition.
- ❖ Hence, there is little evidence on its effects on food choices, nutrition-related quality of life and everyday life.
- ❖ Studies have shown that quality of life is affected and that changes in eating behavior persist during and after illness [1,2].

### AIM

- ❖ To examine the effects of SARS-Covid-19 associated sensory loss on nutrition-related quality of life (Impact score) and changes in food selection, eating behavior and appetite.
- ❖ To evaluate sensory loss related difficulties in daily life

### METHOD

Cross-sectional online survey (Lime-Survey®) of 38 questions anonymously investigated German-speaking adults (n=26) who had been diagnosed and recovered from Sars Covid-19.

For inclusion sensory loss of at least 4 weeks was required. Recruiting took place between 8-15 Oct 21 on online platforms such as Instagram, Facebook and the on-campus mailing list.

Mean age of participants was 29.7 ± 9.3 years & mean duration of sensory loss was 4.3 ± 3.5 months.

### CONCLUSIONS

Sensory loss resulted in many distressing everyday life issues. Nutritional behaviour in terms of food choice changed and subjective importance of food decreased. Sensory loss strongly influenced the nutrition-related quality of life, even though the effect on overall wellbeing was smaller than expected.

### ACKNOWLEDGEMENTS

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### CONTACT INFORMATION

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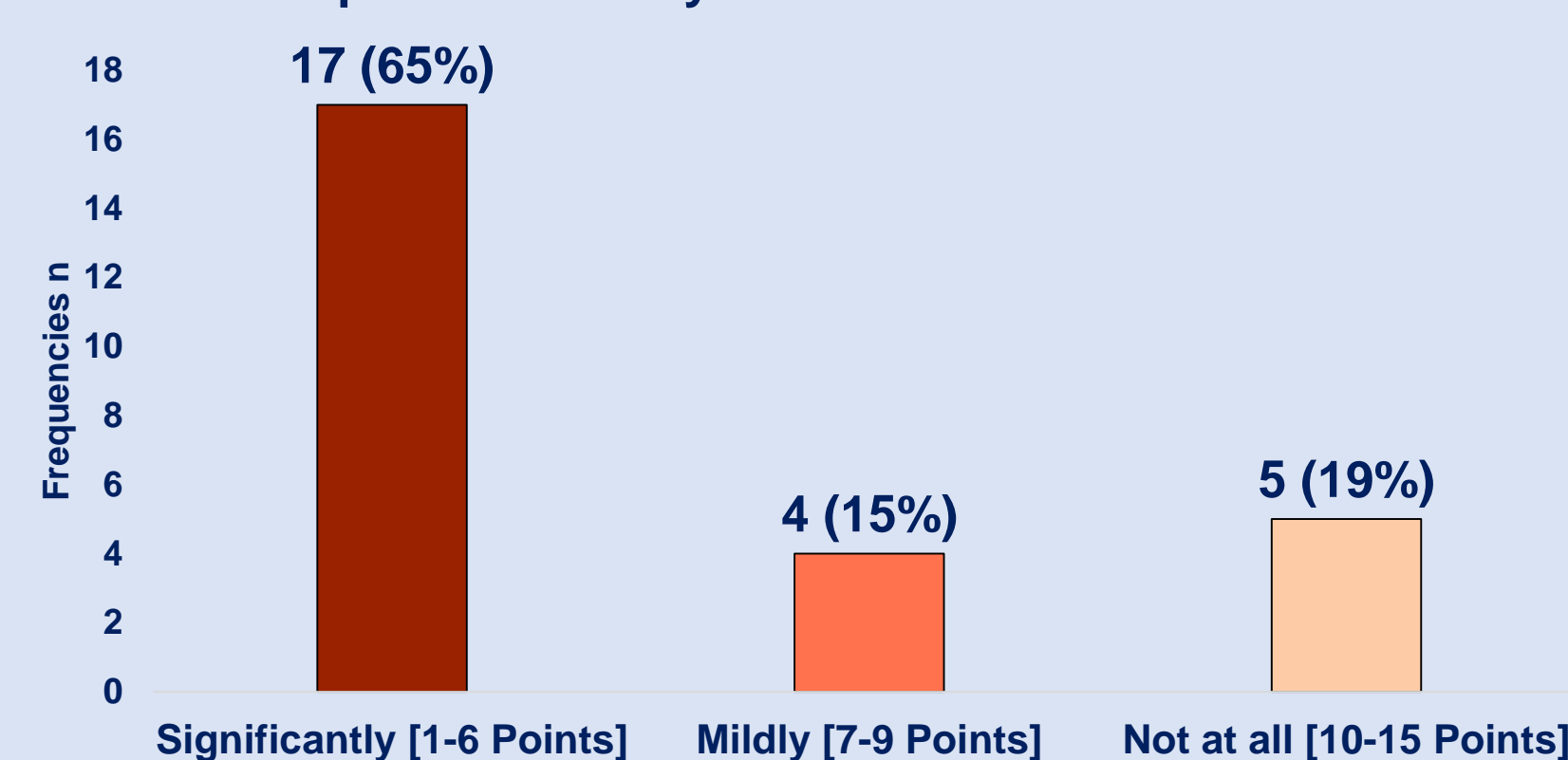
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### REFERENCES

- [1] Saniasiaya J., et al. Cambridge University Press 2021  
<https://doi.org/10.1017/S0022215121002279>  
[2] Chabaan N., et al. Foods 2021;  
<https://doi.org/10.3390/foods10040892>

### RESULTS

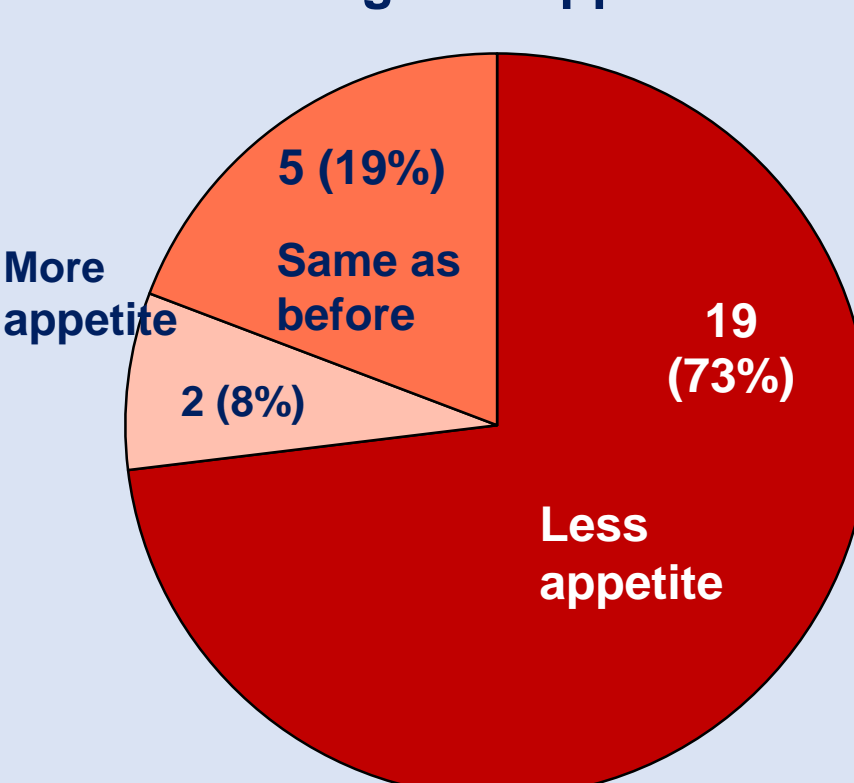
Total impact of sensory loss on nutrition-related QoL



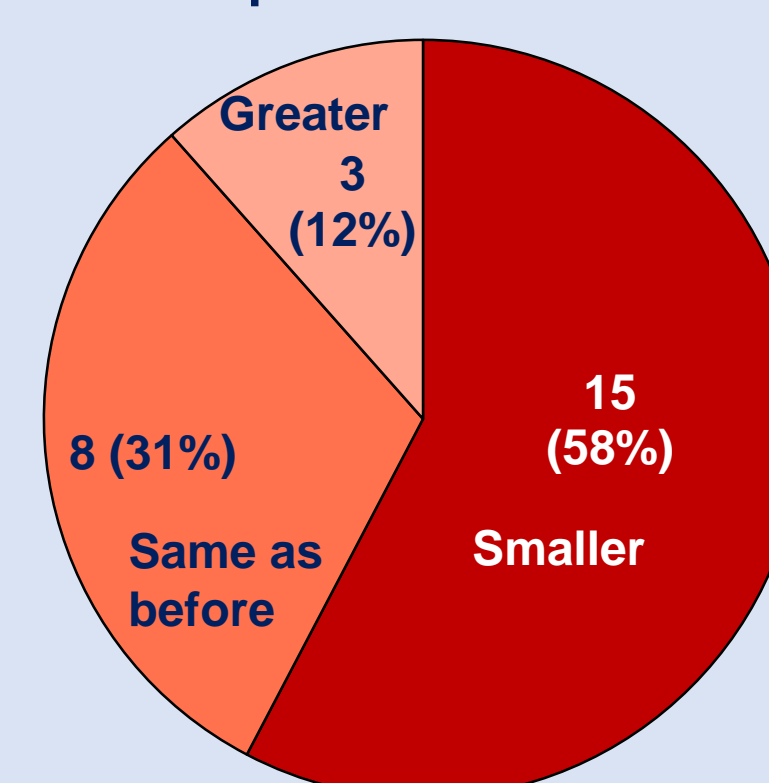
Total Impact Score combined questions about the nutrition-related quality of life (QoL):

- ❖ How much do/did you (used to) feel restricted by the loss of taste/smell in your everyday life?
- ❖ To what extent do/did you (used to) feel restricted by the loss of taste/smell in your usual eating pattern?
- ❖ Does/did the loss of taste/smell influence/change your eating behaviour in the long term?

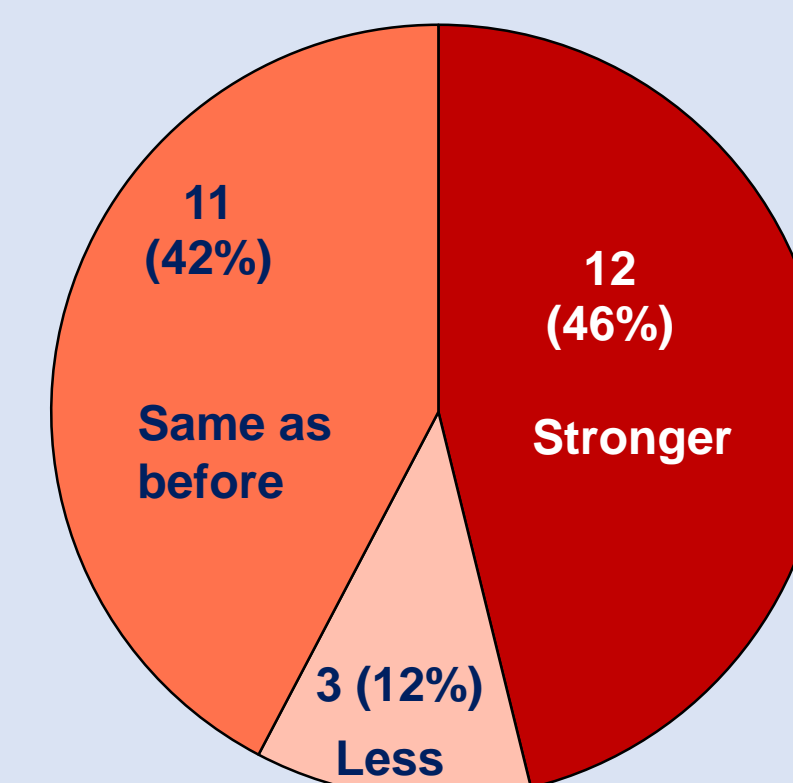
n = 26 Changes in appetite



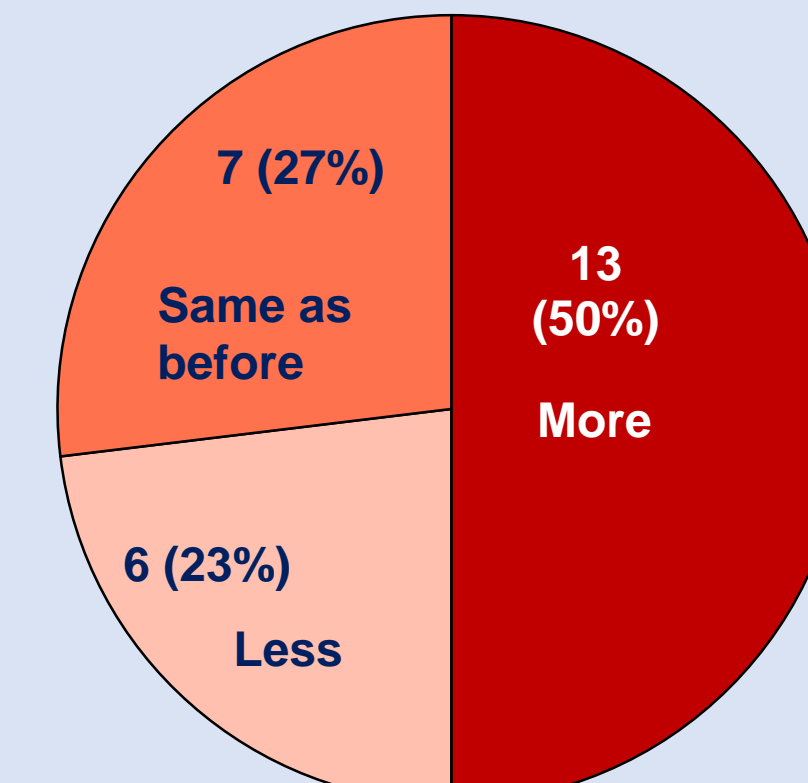
Importance of food



Seasoning of food

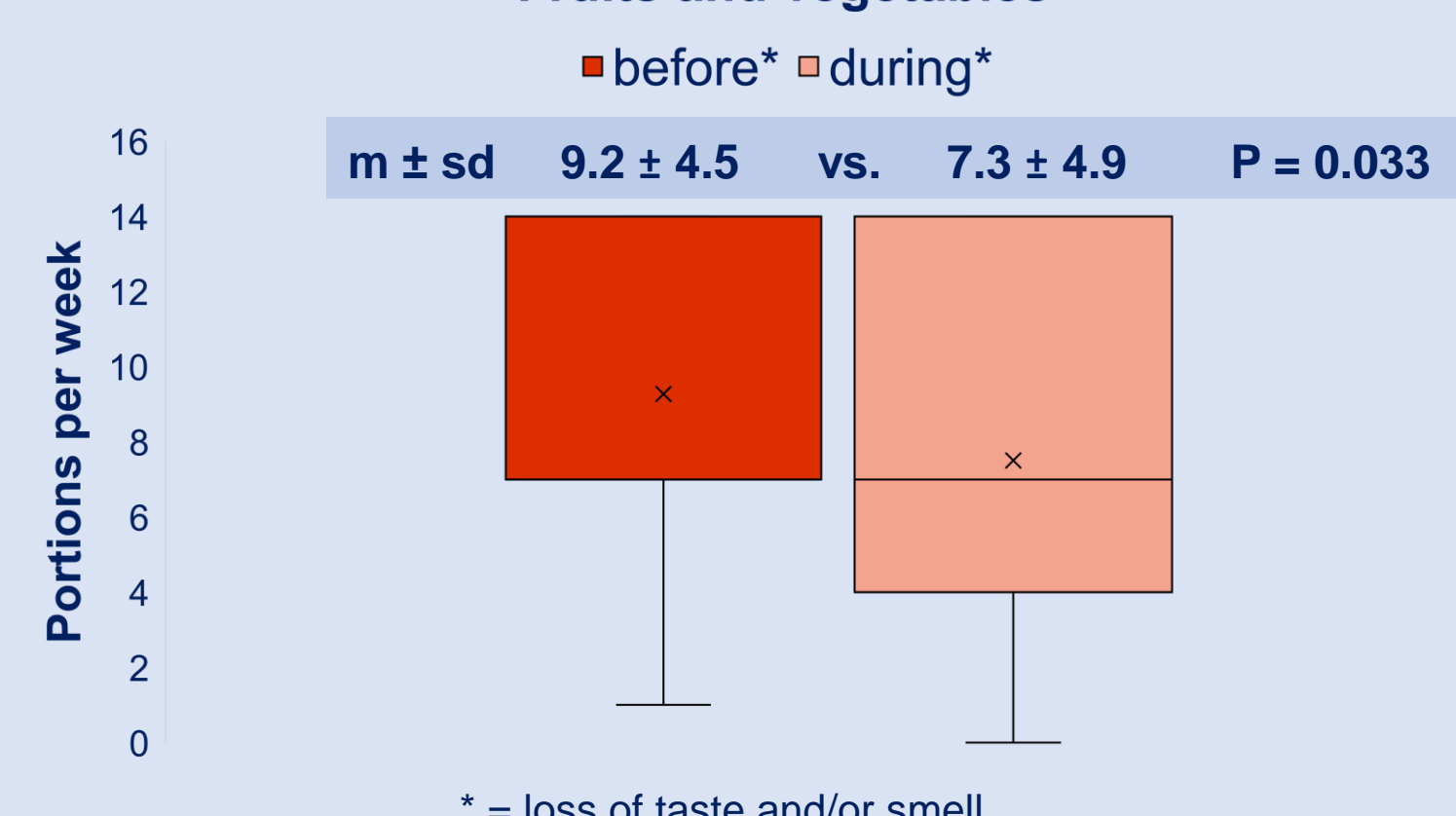


Salting meals



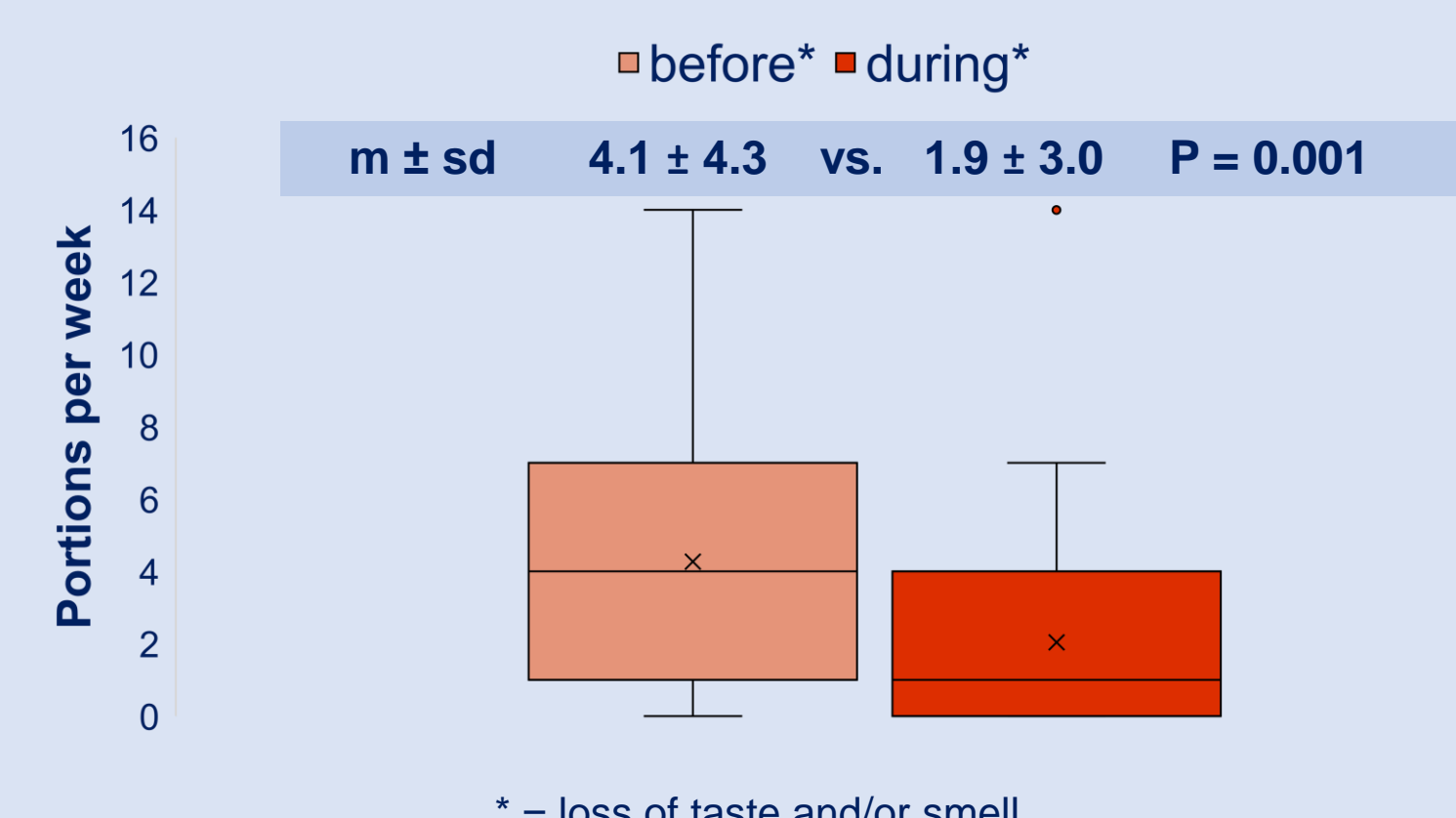
n = 26

Fruits and vegetables

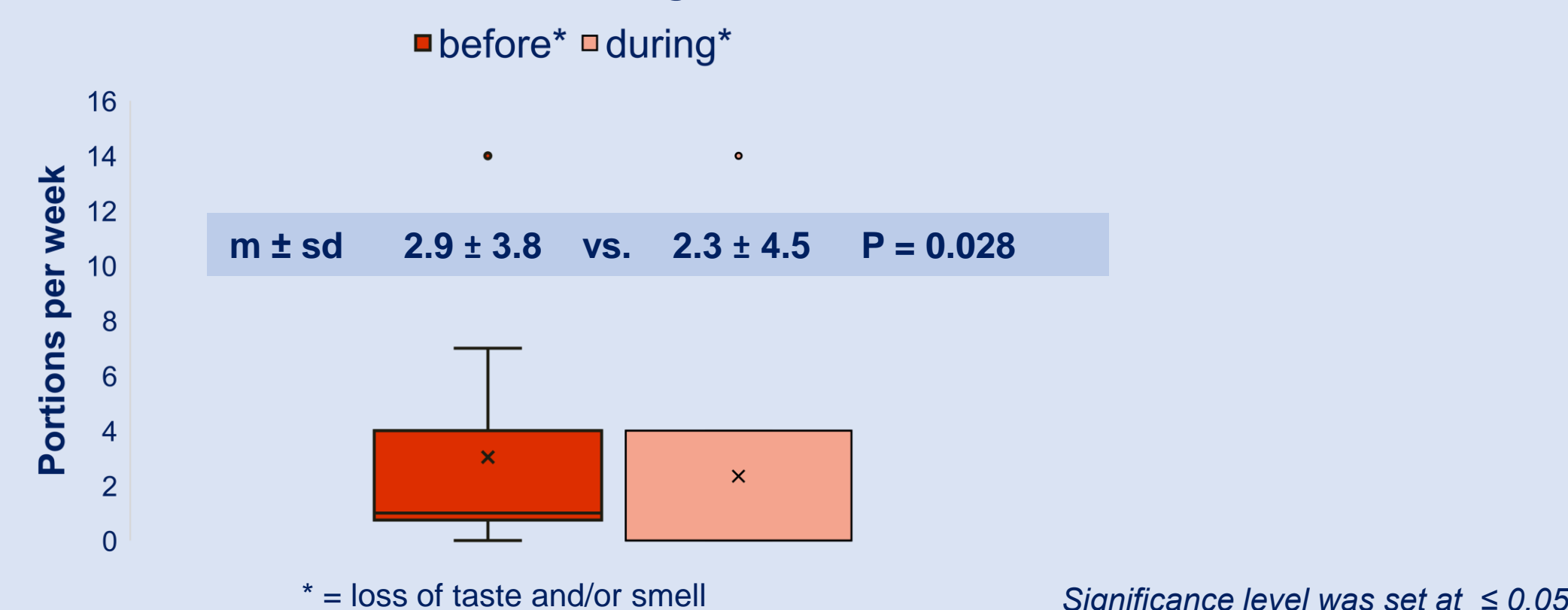


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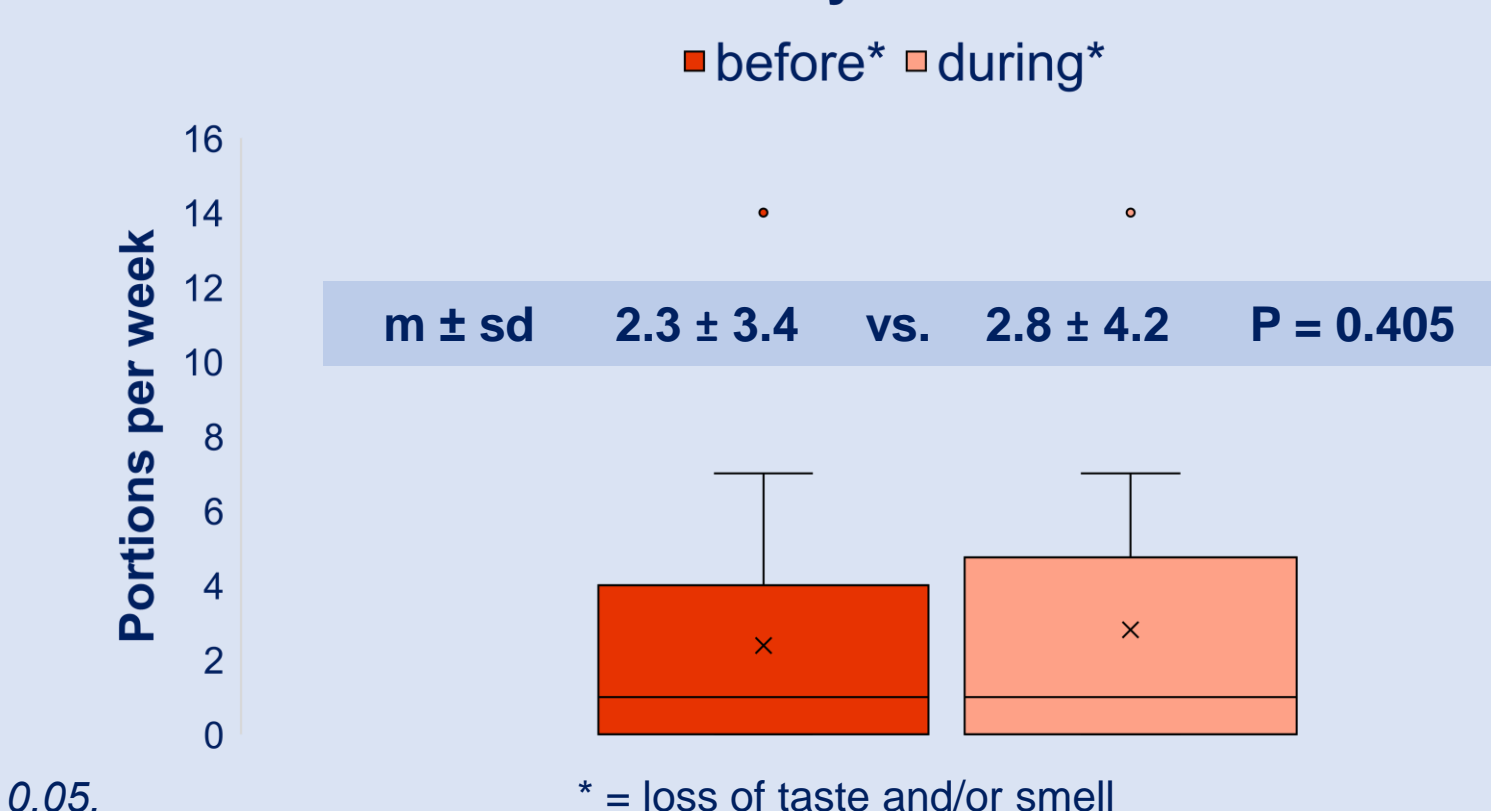
Meats



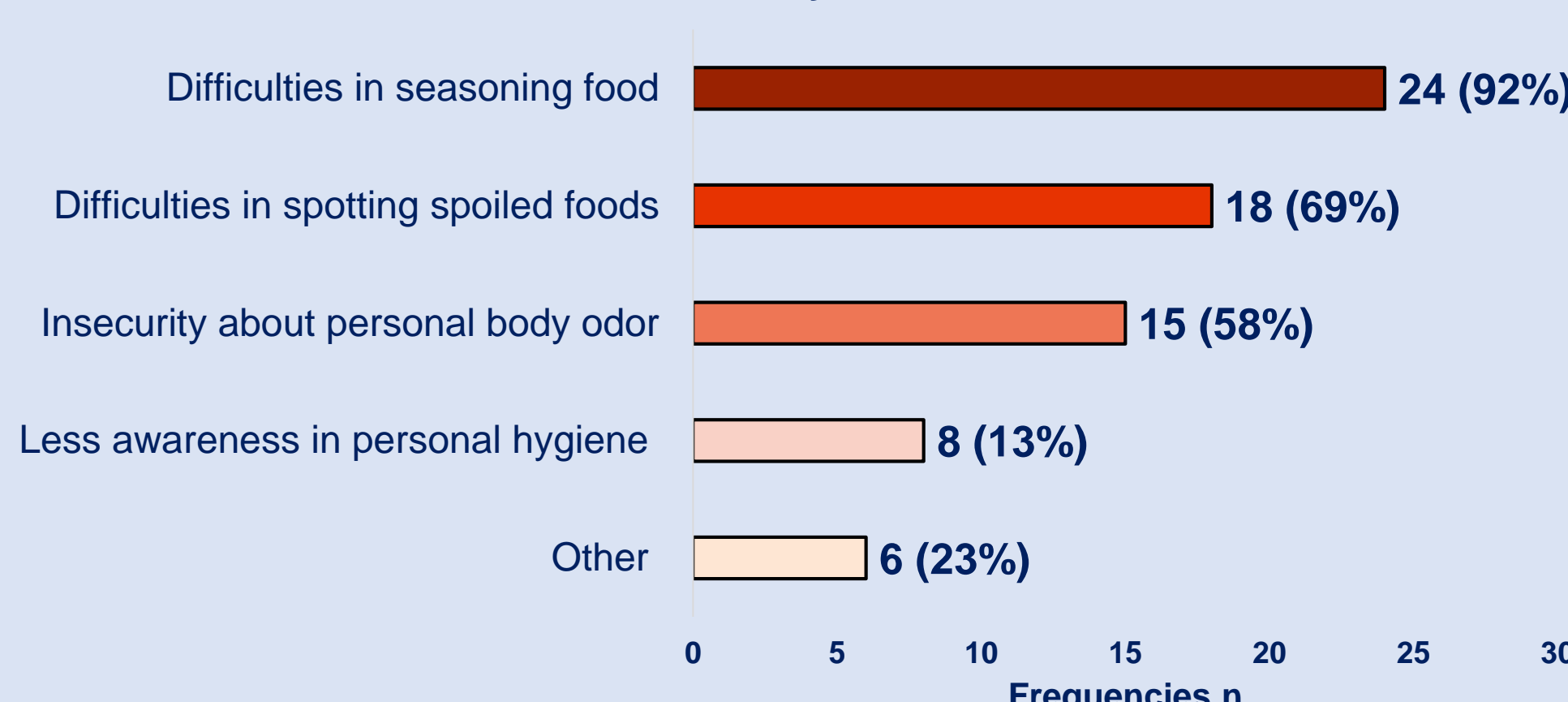
Sweet beverages



Salty snacks



Difficulties in daily life\*



73% stated that they felt clearly negatively affected in everyday life:

92% experienced difficulties in adequately seasoning food.

69% had problems identifying spoiled foods.

58% feared not to notice personal body odor.

\*Multiple answers were possible

However, 73% perceived overall life contentment favorably.

Overall life contentment was assessed using a 5-item Likert scale.

Very satisfied and satisfied = satisfied

Very dissatisfied and dissatisfied = dissatisfied

Overall Life Contentment

