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**EVOLIUCINĖ MEDICINA:
ŽMOGAUS RAIDOS PERSPEKTYVOS IR SVEIKATA
BESIKEIČIANČIOJE APLINKOJE**

**EVOLUTIONARY MEDICINE:
PERSPECTIVES ON HUMAN DEVELOPMENT AND HEALTH
CONSEQUENCES IN A CHANGING ENVIRONMENT**

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BODY IMAGE DISSATISFACTION AND BODY MASS INDEX AMONG LITHUANIAN MEN BEFORE COVID-19 AND DURING QUARANTINE PERIODS

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Background and Aim: Men's body image concerns are understudied, despite their relevance to psychological well-being and health behaviours. This study assessed body mass index (BMI) and body image dissatisfaction among Lithuanian men aged 25–65 years before COVID-19 and during the first and second quarantines.

Materials and Methods: A cross-sectional online survey was completed by 133 men ($n(25-44y)=106$, $n(45-65y)=27$). Participants self-reported height and weight for BMI calculation and retrospectively evaluated body image for each period using the Stunkard Figure Rating Scale (1983). Body image dissatisfaction was calculated as the difference between current and ideal figure ratings, positive values indicating a desire for a slimmer body.

Results: Mean BMI remained stable across periods: 26.18–26.22 ($SD=4.06-4.20$). Men aged 45–65 years had consistently higher BMI than men aged 25–44 years across all periods: 28.75–28.28 vs. 25.52–25.67, respectively. Body image dissatisfaction positive values indicated a desire for a slimmer body and it was consistently and significantly higher among men aged 45–65 years than among those aged 25–44 years: 1.26 ($SD=0.86$) vs. 0.75 ($SD=1.31$) before the pandemic, 1.37 ($SD=0.88$) vs. 0.86 ($SD=1.45$) during the first quarantine, and 1.26 ($SD=0.90$) vs. 0.82 ($SD=1.43$) during the second quarantine. Body dissatisfaction was highest during the first quarantine in both age groups, but within-group changes from pre-pandemic levels were not significant (25–44 y: $p=0.103$; 45–65 y: $p=0.185$). Higher BMI was consistently associated with greater body dissatisfaction across all periods ($r=0.61-0.64$, $p<0.001$).

Conclusions: BMI remained stable across pandemic-related periods. Body dissatisfaction was mainly expressed as a desire for a slimmer body and was more pronounced among older men and those with higher BMI. Although body dissatisfaction was highest during the first quarantine, changes from pre-pandemic levels were not statistically significant. These findings suggest that body dissatisfaction may be an under-recognised aspect of men's health.

Keywords: body dissatisfaction, body image, body mass index, COVID-19, men's health