**Table 1 –** Number of participants from each university, per group

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | University 1  n(%) | University 2  n(%) | University 3  n(%) | Total(n%) |
| Students from 1st to 4th year | 295 (35.49%) | 250 (30.08%) | 286 (34.43%) | 831(100%) |
| Students from 5th and 6th year | 19 (31.66%) | 35 (58.33%) | 6 (10.01%) | 60 (100%) |
| Professors | 70 (80.45%) | 10 (11.49%) | 7 (8.06%) | 87 (100%) |

**Table 2 –** Frequency of low back pain in each group, comparing before and during the pandemic

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Professors n(%)** | **Students from 1st to 4th year**  **n(%)** | **Students from 5th and 6th year**  **n(%)** | **General**  **n(%)** |
| **Low back pain before the pandemic** |  |  |  |  |
| No | 60 (68.97%) | 376 (45.25%) | 20 (33.33%) | 456 (46.63%) |
| Yes | 27 (31.03%) | 455 (54.75%) | 40 (66.67%) | 522 (53.37%) |
| **Low back pain during the pandemic** |  |  |  |  |
| No | 36 (41.38%) | 237 (28.52%) | 21 (35.00%) | 294 (30.06%) |
| Yes | 51 (58.62%) | 594 (71.48%) | 39 (65.00%) | 684 (69.94%) |

**Table 3 –** Factors associated with low back pain

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **Low back pain** | | | | **OR** | **CI (95%)** | **p value** |
| **No**  **n (%)** | | **Yes**  **n (%)** | |
| **Group** |  |  |  |  |  |  |  |
| Professors | 36 | 12,24% | 51 | 7,46% | 1 | - | - |
| Students (1st to 4th year) | 237 | 80,61% | 594 | 86,84% | 1,77 | 1,12-2,77 | 0,013\* |
| Students (5th to 6th year) | 21 | 7,14% | 39 | 5,70% | 1,31 | 0,67-2,61 | 0,436 |
| **Gender** |  |  |  |  |  |  |  |
| Female | 177 | 60,20% | 547 | 79,97% | 1 | - | - |
| Male | 117 | 39,80% | 137 | 20,03% | 0,38 | 0,28-0,51 | <0,001\* |
| **Institution** |  |  |  |  |  |  |  |
| 1 | 100 | 34,01% | 284 | 41,52% | 1 | - | - |
| 2 | 114 | 38,78% | 181 | 26,46% | 0,56 | 0,4-0,77 | <0,001\* |
| 3 | 80 | 27,21% | 219 | 32,02% | 0,96 | 0,68-1,36 | 0,834 |
| **Previous spinal problem** |  |  |  |  |  |  |  |
| No | 263 | 89,46% | 482 | 70,47% | 1 | - | - |
| Yes | 31 | 10,54% | 202 | 29,53% | 3,56 | 2,4-5,43 | <0,001\* |
| **Family history of spinal problems** |  |  |  |  |  |  |  |
| No | 177 | 60,20% | 314 | 45,91% | 1 | - | - |
| Yes | 117 | 39,80% | 370 | 54,09% | 1,78 | 1,35-2,36 | <0,001\* |
| **Sits correctly** |  |  |  |  |  |  |  |
| No | 66 | 22,45% | 255 | 37,28% | 1 | - | - |
| Almost never | 129 | 43,88% | 323 | 47,22% | 0,65 | 0,46-0,91 | 0,012\* |
| Almost always | 80 | 27,21% | 98 | 14,33% | 0,32 | 0,21-0,47 | <0,001\* |
| Yes | 19 | 6,46% | 8 | 1,17% | 0,11 | 0,04-0,25 | <0,001\* |
| **Daily sleeping before the pandemic** |  |  |  |  |  |  |  |
| Less than 6 hours | 74 | 25,17% | 242 | 35,38% | 1 | - | - |
| 6-9 hours | 216 | 73,47% | 434 | 63,45% | 0,61 | 0,45-0,83 | 0,002\* |
| More than 9 hours | 4 | 1,36% | 8 | 1,17% | 0,61 | 0,19-2,34 | 0,433 |
| **Daily sleeping during the pandemic** |  |  |  |  |  |  |  |
| Less than 6 hours | 26 | 8,84% | 127 | 18,57% | 1 | - | - |
| 6-9 hours | 233 | 79,25% | 464 | 67,84% | 0,41 | 0,26-0,63 | <0,001\* |
| More than 9 hours | 35 | 11,90% | 93 | 13,60% | 0,54 | 0,3-0,96 | 0,038\* |
| **Alcohol consumption** |  |  |  |  |  |  |  |
| No | 104 | 35,37% | 270 | 39,47% | 1 | - | - |
| Yes | 190 | 64,63% | 414 | 60,53% | 0,84 | 0,63-1,11 | 0,227 |
| **Coffe consumption** |  |  |  |  |  |  |  |
| No | 76 | 25,85% | 202 | 29,53% | 1 | - | - |
| Yes | 218 | 74,15% | 482 | 70,47% | 0,83 | 0,61-1,13 | 0,242 |
| **Tabbaco cosumption** |  |  |  |  |  |  |  |
| No | 283 | 96,26% | 661 | 96,64% | 1 | - | - |
| Yes | 11 | 3,74% | 23 | 3,36% | 0,9 | 0,44-1,93 | 0,767 |
| **Physical exercise before the pandemic** |  |  |  |  |  |  |  |
| No | 88 | 29,93% | 213 | 31,14% | 1 | - | - |
| Yes | 206 | 70,07% | 471 | 68,86% | 0,94 | 0,7-1,27 | 0,707 |
| **Physical exercise during the pandemic** |  |  |  |  |  |  |  |
| No | 84 | 28,57% | 282 | 41,23% | 1 | - | - |
| Yes | 210 | 71,43% | 402 | 58,77% | 0,57 | 0,42-0,76 | <0,001\* |