# Article information:

Household Physical Activity for Adults in the Context of the Pandemic: A Systematic Review-所有数据库
[https://www.webofscience.com/wos/alldb/full-record/WOS:000887568000001](https://www.webofscience.com/wos/alldb/full-record/WOS%3A000887568000001)

# Article summary:

1. This article examines how home isolation during the COVID-19 pandemic has changed adult lifestyle and health behaviors, and the role of physical activity in improving adult dysphoria.

2. The literature was analyzed using generalization, summarization, analysis, and evaluation methods.

3. Physical activity in home isolation during the epidemic helped improve adults' poor mood, but there is a need to develop more personalized technology tools for physical activity supervision regarding use.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article is generally reliable and trustworthy as it provides an overview of the research on household physical activity for adults in the context of the pandemic. It is based on a systematic review of 21 papers that were evaluated using generalization, summarization, analysis, and evaluation methods. The article also provides insights into how home isolation during an epidemic changes adult lifestyle and health behaviors and the role of physical activity during home isolation in improving adult dysphoria.

However, there are some potential biases that should be noted. For example, the article does not explore counterarguments or present both sides equally; instead it focuses solely on how physical activity can help improve adults' poor mood during home isolation for the epidemic. Additionally, there is no mention of possible risks associated with engaging in physical activity at home during an epidemic such as increased risk of injury or illness due to lack of proper equipment or supervision. Furthermore, there is no discussion about other activities that could help improve adults' mental health such as socializing with friends or family virtually or engaging in hobbies like reading or writing.

In conclusion, while this article provides a good overview of research on household physical activity for adults in the context of the pandemic, it does not provide a comprehensive view as it does not explore counterarguments or present both sides equally nor does it discuss possible risks associated with engaging in physical activity at home during an epidemic.

# Topics for further research:

* Risks of physical activity during pandemic
* Mental health benefits of virtual socializing
* Home isolation activities for adults
* Advantages of hobbies during home isolation
* Safety precautions for physical activity during pandemic
* Strategies for improving mental health during home isolation

# Report location:

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