

# Analysis of the factors that benign paroxysmal positional vertigo increased significantly under the quarantine policy

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## Abstract

**Objective** To analyze the factors of BPPV patients increased significantly in our hospital. **Methods** From February 5, 2020 to March 7, 2020, 29 patients were diagnosed as BPPV with detailed physical examination records. Age, sex, risk factors of cerebrovascular diseases, exercise, time spent asleep or in bed, and time spent outside during sunny periods were analyzed. A total of 26 BPPV patients were reviewed during the period of February 9, 2019 to April 30, 2019, and the above information was recorded through a telephone survey. Using Stata 15.1 statistical software, the measurement data in accordance with normal distribution are expressed by  $\bar{x} \pm S$ , and the comparison between groups is expressed by t test; the counting data is expressed by frequency or percentage, and the comparison between groups is performed by Fisher exact test. **Results** Analysis between male and female found a difference that females were still the main group of BPPV; there were significant differences in exercise time, time spent in bed and time spent in the sun between the two groups ( $P < 0.001$ ). **Conclusion** The BPPV of young and middle-aged people increased significantly during a period 30 days under the quarantine policy in Hangzhou. Age, risk factors of cerebrovascular diseases is not the main risk factor of BPPV. Lack of exercise and the prolonged time spent lying are the important risk factors. Changing unhealthy lifestyles may be the solution to decreasing the morbidity of BPPV. **Significance** Finding the possible mechanism for BPPV, put forward new hypothesis.

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