

Project MediWeB: Assessment of the impact of Mediterranean diet and other lifestyle factors on well-being.

Report 2019 and 2020

MeDiWeB Project is a research agreement established in 2019 by eight institutions of seven different countries: Instituto Politécnico de Santarém, Portugal; Centro de Edafología y Biología Aplicada del Segura (CEBAS)-Consejo Superior de Investigaciones Científicas (CSIC), Quality, Safety and Bioactivity of Plant Foods, Food Science and Technology Department, Murcia, Spain; Goce Delcev University - Stip, Republic of North Macedonia; Institute of Biodiversity and Ecosystem Research, Bulgarian Academy of Sciences (IBEL-BAS), Sofia, Bulgaria; Institute of Clinical Physiology of the National Research Council (IFC-CNR), Pisa, Italy; Democritus University of Thrace, Department of Medicine, Laboratory of Hygiene and Environmental Protection. Alexandroupolis, Dragana, Greece; University of Nicosia, Nicosia, Cyprus; Slow Food in Bulgaria.

The goals of this project are:

- i) Validate an instrument to assess adherence to Mediterranean Diet (MEDAS) in the different participating cities,
- ii) Compare adherence to Mediterranean Diet and differences in lifestyle and subjective well-being among samples of the different participating countries, though data collected by an online questionnaire (MeDiWeB questionnaire),
- iii) Study the association between lifestyle factors and subjective well-being,
- iv) Define which lifestyle factors are more important to subjective well-being in order to implement behavioural changing strategies.

During the first two years of this research consortium, the following tasks were completed:

- 1) Design of the validation protocol and the online MeDiWeB questionnaire, and submission to the Ethic Commission of each participating institution.
- 2) After approval by the Ethic Commission, each institution performed the validation of the Mediterranean diet assessment instrument (MEDAS): recruitment of voluntaries; collection of three-day food diaries and two food frequency questionnaires; standardization of data according to an excel template.
- 3) Dissemination of the on-line MeDiWeB questionnaire; data collection and standardization according to an excel template.
- 4) Analysis of data from validation and publication of one paper.
- 5) Partial analysis of data from MeDiWeB Questionnaire and publication of one paper.

In these two years the team had several virtual meetings (11-02-2019; 10-03-2020; 02-06-2020; 07-10-2020), and published two papers:

Andrade, V., Jorge, R., García-Conesa, M.-T., Philippou, E., Massaro, M., Chervenkov, M., . . . Pinto, P. (2020). Mediterranean Diet Adherence and Subjective Well-Being in a Sample of Portuguese Adults. *Nutrients*, *12*(12), 3837.

García-Conesa, M.-T., Philippou, E., Pafilas, C., Massaro, M., Quarta, S., Andrade, V., . . . Pinto, P. (2020). Exploring the Validity of the 14-Item Mediterranean Diet Adherence Screener (MEDAS): A Cross-National Study in Seven European Countries around the Mediterranean Region. *Nutrients*, *12*(10), 2960.

Further analysis of the MediWeB Questionnaire is ongoing, with the preparation of three more papers.

The team of MeDiWeB Project in 2020 is presented below:

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