



Are you an adult aged 60+ or at-risk due to COVID-19?



What is this research project about?

We are exploring the impact of social distancing and self-isolation on social contact, loneliness, wellbeing and physical activity. This information will help us understand the impact of social distancing and help us develop ways to reduce any negative effects.

Who can participate?

We are focussing on older adults but welcome participants from any age group who are 'at risk'. This may include carers or people with intellectual / physical disabilities.



Interested? For full information:

You may complete the survey online by clicking on the link or by searching the following URL:



 <http://stir.ac.uk/39i>

If essential, you may do the survey over the phone. Please ask the person you received this from to contact us, or you may contact



 simone.tomaz@stir.ac.uk

Dr Simone Tomaz directly:

Participant Information Sheet

Research Project Title: Covid-19 social distancing effects on social engagement, loneliness, wellbeing and physical activity in Scottish older adults, and an exploration of potential ameliorating strategies.

This project will use an online survey to explore the impact of social distancing and self-isolation on social contact, loneliness, wellbeing and physical activity. It will also examine strategies, including use of technology (e.g. online conference calling tools), that individuals are using to reduce the impact of social distancing on their social and physical activity. It will focus *mainly* on older adults, as an at-risk group to understand the impact of social distancing and ways to reduce its negative effects.

We are contacting you to invite you to take part in a simple online survey (or phone, see below) about your wellbeing, social contact and physical activity before and during the Coronavirus social distancing situation. We are also interested in anything positive you are doing now to maintain social contact and keep physically active.

There is an option to complete this over the phone if you are unable to use our chosen technology, in which case ask your contact to give you a paper Participant Information Sheet which tells you how to contact us.

There is more detailed information about this project in the online Participant Information Sheet and at the start of the survey.

If you would prefer an easy read version of the full Participant Information Sheet and/or the online survey, please contact the person who gave you this information or us directly.

This research is being conducted by the SPARKLE (Stirling Physical Activity Research Knowledge, Learning and Education group) at the University of Stirling led by Professor Anna C. Whittaker, Principal Investigator, Faculty of Health Sciences and Sport, University of Stirling, a.c.whittaker@stir.ac.uk. The main research fellow on this project is Dr Simone Tomaz simone.tomaz@stir.ac.uk. The project is funded by the Chief Scientists Office, Scotland.

How to take part?

Please click on this link to the online survey: <http://stir.ac.uk/39i>

If you are unable to complete the survey online but could complete a phone version, please contact the person you received this invitation from with your telephone number, and they will contact us on simone.tomaz@stir.ac.uk or you can email us directly if possible. You can still change your mind once you click on the survey link or start the telephone survey.

Please feel free to distribute this information to friends and neighbours.