

Table 1 extended: Cohort summary

	Self-imposed isolation/shielded (considered at-risk) (N=99)	Isolation due to government legislation (N=25)	Practising social distancing (N=66)	None of the above (N=5)	Other (N=4)	Overall (N=199)
Sex, n (%)						
Female	70 (70.7%)	19 (76.0%)	48 (72.7%)	1 (20.0%)	4 (100%)	142 (71.4%)
Male	29 (29.3%)	6 (24.0%)	17 (25.8%)	4 (80.0%)	0 (0%)	56 (28.1%)
Prefer not to disclose	0 (0%)	0 (0%)	1 (1.5%)	0 (0%)	0 (0%)	1 (0.5%)
Age (years)						
Mean (SD)	54.0 (13.9)	46.2 (13.1)	59.3 (13.1)	43.0 (12.3)	56.8 (5.38)	54.5 (14.0)
Median [Min, Max]	55.0 [21.0, 78.0]	44.0 [22.0, 79.0]	61.5 [21.0, 85.0]	44.0 [27.0, 61.0]	57.0 [50.0, 63.0]	56.0 [21.0, 85.0]
Ethnicity, n (%)						
Asian/Asian British	1 (1.0%)	1 (4.0%)	0 (0%)	0 (0%)	0 (0%)	2 (1.0%)
Black/African/Caribbean/Black British	0 (0%)	1 (4.0%)	0 (0%)	0 (0%)	0 (0%)	1 (0.5%)
Caucasian/White	93 (93.9%)	21 (84.0%)	65 (98.5%)	5 (100%)	4 (100%)	188 (94.5%)
Mixed/multiple ethnic groups	2 (2.0%)	1 (4.0%)	1 (1.5%)	0 (0%)	0 (0%)	4 (2.0%)
Other	3 (3.0%)	1 (4.0%)	0 (0%)	0 (0%)	0 (0%)	4 (2.0%)
Condition, n (%)						
Cerebral Palsy	3 (3.0%)	6 (24.0%)	2 (3.0%)	0 (0%)	0 (0%)	11 (5.5%)
Fibromyalgia, Chronic fatigue syndrome, CRPS	7 (7.1%)	2 (8.0%)	5 (7.6%)	0 (0%)	1 (25.0%)	15 (7.5%)
Muscular dystrophy, neuromuscular diseases	18 (18.2%)	2 (8.0%)	1 (1.5%)	0 (0%)	1 (25.0%)	22 (11.1%)
Multiple Sclerosis	34 (34.3%)	6 (24.0%)	24 (36.4%)	2 (40.0%)	1 (25.0%)	67 (33.7%)
Parkinson's disease	11 (11.1%)	3 (12.0%)	22 (33.3%)	0 (0%)	0 (0%)	36 (18.1%)
Spinal Cord Injury	18 (18.2%)	2 (8.0%)	8 (12.1%)	3 (60.0%)	1 (25.0%)	32 (16.1%)
Stroke, ataxia's, other (spina bifida, dystonia)	8 (8.1%)	4 (16.0%)	4 (6.1%)	0 (0%)	0 (0%)	16 (8.0%)
Mobility Aid, n (%)						
Manual wheelchair	21 (21.2%)	3 (12.0%)	9 (13.6%)	1 (20.0%)	1 (25.0%)	35 (17.6%)
Power wheelchair	14 (14.1%)	2 (8.0%)	3 (4.5%)	1 (20.0%)	0 (0%)	20 (10.1%)
Mobility scooter	4 (4.0%)	1 (4.0%)	1 (1.5%)	0 (0%)	0 (0%)	6 (3.0%)
Zimmer frame	6 (6.1%)	2 (8.0%)	3 (4.5%)	0 (0%)	1 (25.0%)	12 (6.0%)
Walking sticks	24 (24.2%)	5 (20.0%)	13 (19.7%)	0 (0%)	1 (25.0%)	43 (21.6%)
Crutches	6 (6.1%)	1 (4.0%)	2 (3.0%)	1 (20.0%)	0 (0%)	10 (5.0%)
None	1 (1.0%)	1 (4.0%)	1 (1.5%)	0 (0%)	0 (0%)	3 (1.5%)
Other	23 (23.2%)	10 (40.0%)	34 (51.5%)	2 (40.0%)	1 (25.0%)	70 (35.2%)
Government Response Stringency Index, n (%)						
64.35	53 (53.5%)	10 (40.0%)	49 (74.2%)	2 (40.0%)	3 (75.0%)	117 (58.8%)

67.59	9 (9.1%)	5 (20.0%)	3 (4.5%)	0 (0%)	0 (0%)	17 (8.5%)
69.44	2 (2.0%)	0 (0%)	0 (0%)	1 (20.0%)	0 (0%)	3 (1.5%)
69.91	3 (3.0%)	1 (4.0%)	1 (1.5%)	0 (0%)	0 (0%)	5 (2.5%)
71.3	29 (29.3%)	5 (20.0%)	13 (19.7%)	2 (40.0%)	1 (25.0%)	50 (25.1%)
73.15	3 (3.0%)	4 (16.0%)	0 (0%)	0 (0%)	0 (0%)	7 (3.5%)
HAQ SDI						
Mean (SD)	1.75 (0.677)	1.14 (0.596)	1.19 (0.648)	0.944 (0.766)	1.45 (0.442)	1.46 (0.713)
Median [Min, Max]	1.88 [0, 3.00]	1.25 [0, 2.38]	1.13 [0, 2.50]	0.710 [0, 2.00]	1.53 [0.860, 1.88]	1.50 [0, 3.00]