

Table 1: Cohort summary

	Overall (N=199)
Sex, n (%)	
Female	142 (71.4%)
Male	56 (28.1%)
Prefer not to disclose	1 (0.5%)
Age (years)	
Mean (SD)	54.5 (14.0)
Median [Min, Max]	56.0 [21.0, 85.0]
Ethnicity, n (%)	
Asian/Asian British	2 (1.0%)
Black/African/Caribbean/Black British	1 (0.5%)
Caucasian/White	188 (94.5%)
Mixed/multiple ethnic groups	4 (2.0%)
Other	4 (2.0%)
Condition, n (%)	
Cerebral Palsy	11 (5.5%)
Fibromyalgia, Chronic fatigue syndrome, CRPS	15 (7.5%)
Muscular dystrophy, neuromuscular diseases	22 (11.1%)
Multiple Sclerosis	67 (33.7%)
Parkinson's disease	36 (18.1%)
Spinal Cord Injury	32 (16.1%)
Stroke, ataxia's, other (spina bifida, dystonia)	16 (8.0%)
Situation, n (%)	
Self-imposed isolation/shielded (considered at-risk)	99 (49.7%)
Isolation due to government legislation	25 (12.6%)
Practising social distancing	66 (33.2%)
None of the above	5 (2.5%)
Other	4 (2.0%)
Mobility Aid, n (%)	
Manual wheelchair	35 (17.6%)
Power wheelchair	20 (10.1%)
Mobility scooter	6 (3.0%)
Zimmer frame	12 (6.0%)
Walking sticks	43 (21.6%)
Crutches	10 (5.0%)
None	3 (1.5%)
Other	70 (35.2%)