

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%) |
| Government Response Stringency Index, n (%) | |

| | |
|-------------------|----------------|
| 64.35 | 117 (58.8%) |
| 67.59 | 17 (8.5%) |
| 69.44 | 3 (1.5%) |
| 69.91 | 5 (2.5%) |
| 71.3 | 50 (25.1%) |
| 73.15 | 7 (3.5%) |
| HAQ SDI | |
| Mean (SD) | 1.46 (0.713) |
| Median [Min, Max] | 1.50 [0, 3.00] |
