

**Table 1. Cohort Summary.**

|  | <b>Overall<br/>(N=199)</b> |
|--|----------------------------|
| <b>Sex, n (%)</b>                                    |                            |
| Female   | 142 (71.4%)                |
| Male   | 56 (28.1%)                 |
| Prefer not to disclose                               | 1 (0.5%)                   |
| <b>Age (years)</b>                                   |                            |
| Median [Q1, Q3]                                      | 56.0 [44.0, 65.0]          |
| <b>Ethnicity, n (%)</b>                              |                            |
| 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%)                   |
| <b>Condition, n (%)</b>                              |                            |
| 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%)                  |
| <b>Mobility Aid, n (%)</b>                           |                            |
| 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%)                 |
| <b>Situation, n (%)</b>                              |                            |
| 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%)    |
| <b>Government Response Stringency Index, n (%)</b> |             |
| 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%)    |

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