| **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%) |