| **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%) |