



Are you an adult aged 60+ or at-risk due to COVID-19?



What is this research project about?

We are exploring the impact of social distancing and self-isolation on social contact, loneliness, wellbeing and physical activity. This information will help us understand the impact of social distancing and help us develop ways to reduce any negative effects.

Who can participate?

We are focussing on older adults but welcome participants from any age group who are 'at risk'. This may include carers or people with intellectual / physical disabilities.



Interested? For full information:

You may complete the survey online by clicking on the link or by searching the following URL:



 <http://stir.ac.uk/39i>

If essential, you may do the survey over the phone. Please ask the person you received this from to contact us, or you may contact



 simone.tomaz@stir.ac.uk

Dr Simone Tomaz directly: