

Date:

Study nr:

Initials:

Year of birth:

Municipality:

A questionnaire to assess how the corona situation affects daily life for participants in the LAST-long study

This questionnaire is aiming to investigate how the ongoing corona situation affects your physical activity, social life, mental health, and follow-up from the healthcare system.

(Tick one check box unless otherwise is specified)

1. a) Have you been in quarantine after 13th March 2020?

No

Yes, two weeks or less

Yes, more than two weeks

b) Have you had a Covid -19 infection?

No

Yes

I don't know

2. Physical activity:

a) Has the corona situation affected your activity level?

I am considerably less active

I am a bit less active

I have an unchanged activity level

I am more active

I am considerably more active

I do not know

b) If you are less active than before the corona situation started, what is the reason?

(Multiple check boxes are possible)

The stroke has changed my physical health

The stroke has changed my mental health

Lack of motivation

Missing someone to train with

The training facilities are closed for periods

Worried about getting infected

Other: _____

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c) Has the corona situation had an impact on where or how you are exercising or training?

Yes

Please, give a comment:

No

I do not know

3. How has the corona situation affected your social life?

I have less social contact

My social life is unchanged

I have more social contact

Unsure

Comment:

4. How has the corona situation affected your feeling of loneliness?

I feel less lonely

My feeling of loneliness is unchanged

I feel more lonely

I don't know

Comment:

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5. Has the corona situation affected your mental health?

- No Yes, a little Yes, quite a lot Yes, very much

Comment:

6. How has the corona situation affected your quality of life?

- My quality of life has worsened
 My quality of life is unchanged
 My quality of life is better
 I don't know

Comment:

7. Contact with the healthcare system:

a) Have you had any online follow-up, by video- or telephone, from the healthcare system due to the corona situation?

- Yes
 No
 I do not remember

Comment:

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b) If yes, how satisfied were you with this follow-up?

- Very dissatisfied
- Dissatisfied
- Neither nor
- Satisfied
- Very satisfied
- Unsure/I do not remember

8. Finally: Has the corona situation affected other aspects of your life?

Comment: