

**Project 2 and title: The ABC (Anxiety, health Behaviour, and Cognition) of Social Distancing and Isolation: Evaluating the Role of Technology in Remote Support.**

Social distancing and isolation (SDI) limits opportunities for healthy behaviours such as physical activity. This may be worse for those considered high-risk where socialising and remaining active are known to help physical and mental functioning but who receive early information to stay home, and may have greater anxiety regarding essential travel. This project will first assess the degree to which SDI policies have impacted levels of physical activity and if this is associated with psychological functioning. We will then pilot an internet-based programme enabling remote delivery of support for physical activity and anxiety.