COV/GLA/20/11 - Understanding longer-term health impacts of social distancing and behavioural interventions introduced to prevent the spread of infection in the population

People have had to change drastically how they live their lives to achieve social distancing to prevent the spread of COVID-19. There is growing concern that social distancing and other quarantining meaures introduced by Government will adversely affect general population health and mental health. This proposal aims to understand the nature of the impact of such measures on Scottish people by: i) identifying the key health and mental health concerns and; ii) examining how people's experiences change over the first 4-months of social distancing. The findings will inform future Government policy and action to prevent or mitigate any adverse effects.