

COV/STG/20/08 - Covid-19 social distancing effects on social engagement, oneliness, wellbeing and physical activity in Scottish older adults, and an exploration of potential ameliorating strategies

This project will use a survey to explore the impact of social distancing and self-isolation on social contact, loneliness, wellbeing and physical activity. It will follow up an existing group of active Scottish older adults as well as collecting new information. It will also examine strategies, including use of technology like Zoom, that individuals are using to reduce the impact of social distancing on their social and physical activity. It will focus mainly on older adults, as an at-risk group to understand the impact of social distancing and ways to reduce its negative effects.