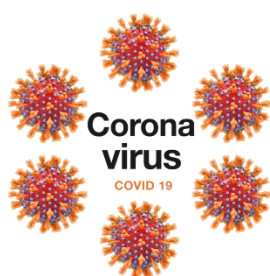


# Information Sheet and Consent Form

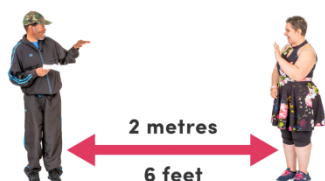
## COVID-19 Online Study

### Information sheet and consent form

#### What is the research about?



Coronavirus is a new illness. It is changing the way we live.



We have to stay away from crowds and some other people.

This is called social isolation.

We have to stay apart from people we don't live with. This is called social distancing.



We can't do some of our favourite activities. We can't meet some of our family or friends.



The government wants us to do physical activity every day. This might be walking or exercise in the house.

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This research from the University of Stirling wants to find out how social isolation and social distancing make you feel.

### What will happen?



You will be sent a link to answer questions on a computer.



The questions are about what you are doing to make you feel better. This might be exercise, using a computer or trying new things.



You might not be doing very much just now. That is ok too.



If you are not happy with the questions you can stop. You don't have to answer all of the questions.

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### What will happen after the research?



We will talk about the research at conferences. We will write articles about the study. This is to let other people know about the research.



Your name will not be used.

### What do I do next?



If you would like someone to phone you and ask you the questions please let us know. You can ask the person who gave you this information to contact us.



If you understand what to do and you are ready to do the survey please click '**AGREE**' on this page. This means you agree to take part. You must be 18 or over. This will take you to the survey. **AGREE**



If you don't want to take part do not click agree.

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You do not need to do anything else.

### Who can I talk to?



If you would like to talk to someone about the research please contact Professor Anna Whittaker [a.c.whittaker@stir.ac.uk](mailto:a.c.whittaker@stir.ac.uk)



If you are worried or have a complaint please contact Professor Jayne Donaldson [jayne.donaldson@stir.ac.uk](mailto:jayne.donaldson@stir.ac.uk)