

**Respiratory patient experience of measures to reduce risk of COVID-19: findings from a descriptive cross-sectional UK wide survey**

**– ONLINE SUPPLEMENT**

Authors: Keir EJ Philip<sup>1</sup>, Andrew Cumella<sup>2</sup>, Joe Farrington-Douglas<sup>2</sup>, Michael Laffan<sup>2</sup>, Nicholas S Hopkinson<sup>1,2</sup>.

<sup>1</sup>National Heart and Lung Institute, Imperial College London

<sup>2</sup>Asthma UK and British Lung Foundation Partnership

Corresponding Author: Dr Keir Philip

National Heart and Lung Institute

Imperial College London

Royal Brompton Hospital Campus

Fulham Rd

London SW3 6NP

[k.philip@imperial.ac.uk](mailto:k.philip@imperial.ac.uk)

## SURVEY QUESTIONS AND POSSIBLE RESPONSES:

What is your age? 17 and under; 18-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80+ What is your gender? Male; Female; Other

What nation do you live in? England; Northern Ireland; Scotland; Wales

Have you ever been told that you have 'difficult', 'brittle' or 'severe' asthma? (AUK survey only) Yes; No; Not sure

What is your main lung diagnosis? Asthma; COPD (chronic obstructive pulmonary disease); Bronchiectasis; ILD (interstitial lung disease); I do not have a lung condition; Other

Do you receive pulmonary rehabilitation as part of your care? Yes; No.

When do you get out of breath? (MRC dyspnoea scale options) (BLF survey only)

- I'm not troubled by being out of breath, except on strenuous exercise
- I'm short of breath when hurrying on the level or walking up a slight hill
- I walk slower than most people on the level, stop after a mile or so, or stop after 15 minutes of walking at my own pace
- I stop for breath after walking about 100 yards or after a few minutes on level ground
- I'm too breathless to leave the house, or breathless when dressing and undressing

Are you currently following the government's 'shielding' advice? Yes; No.

Have you received a letter or text message advising you to shield? Yes; No; Don't know.

Did you have the flu jab this winter? Yes; No; Don't know.

Have you seen guidance or advice on coronavirus from Asthma UK or the British Lung Foundation? Yes; No.

How did you see this advice? Via email; On Twitter; On Facebook; On the AUK and/or BLF websites.

Where do you mainly get your information about coronavirus? TV; Radio; News websites; AUK / BLF websites; AUK /BLF social media; Other social media; Friends and family.

What was it about the advice you saw that wasn't helpful? It was too complicated; There was not enough detail; I didn't trust it; It was badly presented; It couldn't answer my query.

The Government? Very helpful; Helpful; Neither helpful nor unhelpful; Not helpful; Not helpful at all; I have not seen their advice.

What was it about the advice you saw that wasn't helpful? It was too complicated; There was not enough detail; I didn't trust it; It was badly presented; It couldn't answer my query

Would you like more information on any of the following during the coronavirus outbreak? Yes, No.

Are you currently suffering from any coronavirus symptoms? Yes; No; Not sure.

Are you following isolation advice? Yes; No.

How confident are you about following advice to self-isolate or shield? Very confident; Somewhat confident; Neither confident nor not confident; Not very confident; Not confident at all.

How confident are you that you will be able to access food and other provisions if you have to self-isolate or shield? Very confident; Somewhat confident; Neither confident nor not confident; Not very confident; Not confident at all.

Do you have enough medicines for your needs at the moment? Yes; No.

Are you registered to order prescriptions online from your GP? Yes; No.

Have you had a look at online inhaler technique videos to check that you are using your inhalers properly? Yes; No; I don't use inhalers.

Do you have a written self-management plan for your condition? Yes; No.

In general, how well prepared do you feel for coronavirus? 1-10, with 10 being most prepared

In general, how anxious do you feel about coronavirus? 1-10, with 10 being most anxious

Which of the following apply to you?

- I'm concerned about my lung condition
- I'm concerned about the health of my family members
- I'm coping well
- I'm having trouble getting groceries
- I'm worried about my financial situation due to missed work
- I can't get the prescriptions I need
- None of the above
- Other

Have you used any of these services due to coronavirus, or concerns about its symptoms?

- NHS 111 (online checker)
- NHS 111 (telephone advice)
- GP
- Pharmacy
- A&E
- BLF or AUK nurse phone
- Other

Has any of the following happened to you because of the way the NHS is working at the moment?

- I have had to have a GP appointment conducted over the phone / remotely
- My regular care for my lung condition at the hospital has been cancelled
- My regular care for my lung condition at the GP has been cancelled
- Pulmonary rehabilitation classes were cancelled
- I have had to do pulmonary rehabilitation exercises at home
- None of the above
- Other

Are you able to perform your job at home? Yes; No; I'm not in work.

How supportive have your workplace been during the coronavirus outbreak? Very supportive; Supportive; Somewhat supportive; Not supportive; Not supportive at all.

Are you keeping physically active, or are able to do any exercise at home? Yes; No.

Which of the following are you doing to stay active while at home?

- Housework
- Gardening
- Going on walks
- Yoga
- Cycling
- Running
- Other

If you smoke, are you planning to try to quit smoking to protect yourself from coronavirus? Yes; No; I don't smoke.

Are you actively self-isolating due to coronavirus? Yes; No.

Do you live alone? Yes; No.

How often do you feel you lack companionship? Hardly ever; Some of the time; Often.

How often do you feel left out of things? Hardly ever; Some of the time; Often.

How often do you feel isolated from others? Hardly ever; Some of the time; Often.

Table E1: Loneliness, Isolation, Anxiety, and Concerns

	Percentage	Number of observations
<b>Domestic Isolation</b>		
Live alone	13.06 %	1,241
Does not live alone	86.94 %	8,260
<b>Loneliness</b>		
Feels lacks companionship		
Hardly ever	48.91 %	4,643
Some of the time	39.84 %	3,782
Often	11.25 %	1,068
Feels left out of things		
Hardly ever	46.73 %	4,434
Some of the time	40.84 %	3,875
Often	12.43 %	1,179
Feels isolated from others		
Hardly ever	34.34 %	3,261
Some of the time	47.21 %	4,483
Often	18.45 %	1,752
	<b>Mean (SD)</b>	<b>N</b>
<b>Overall loneliness score (all respondents)</b>	5.12 (1.80)	9,458
Loneliness by gender		
Male	4.74 (1.72)	1,728
Female	5.21 (1.81)	7,652
Loneliness by age		
17 and under	4.81 (1.68)	441
18 to 29	5.65 (1.84)	962
30 to 39	5.20 (1.82)	1,978
40 to 49	4.96(1.78)	2,550
50 to 59	5.00 (1.75)	1,794
60 to 69	5.24 (1.83)	1,064
70 to 79	5.03 (1.74)	532
80 and above	5.26 (1.79)	69
Loneliness by main diagnosis		
Asthma	5.06 (1.79)	7,936
COPD	5.56 (1.85)	957
Bronchiectasis	5.18(1.71)	357
ILD	5.54 (1.92)	163
Other	5.40 (1.84)	45
Loneliness by shielding		
Actively shielding	5.23 (1.81)	6,804
Not actively shielding	4.85 (1.74)	2,654
<b>Anxiety</b>		
How anxious do you feel? (1-10)	8.03 (2.07)	9,495
Anxiety by gender		

	Male	7.55 (2.28)	1,728
	Female	8.13 (1.99)	7,691
<b>Anxiety by age</b>			
	17 and under	8.14 (2.11)	442
	18 to 29	8.23 (1.90)	967
	30 to 39	8.24 (1.97)	1,981
	40 to 49	8.14 (1.96)	2,558
	50 to 59	8.00 (2.11)	1,803
	60 to 69	7.60 (2.27)	1,066
	70 to 79	7.32 (2.18)	536
	80 and above	7.03 (2.33)	72
<b>Anxiety by diagnosis</b>			
	Asthma	8.11 (2.01)	7,959
	COPD	7.57 (2.31)	960
	Bronchiectasis	7.64 (2.14)	362
	ILD	7.51 (2.24)	168
	Other	7.76 (2.23)	46
	Actively shielding	8.06 (2.08)	6,829
	Not actively shielding	7.94 (2.03)	2,666
<b>Feels coping well</b>			
		25.90 %	2,465
<b>By Gender</b>			
	Male	34.39 %	596
	Female	23.96 %	1,844
<b>By Age</b>			
	17 and under	22.97 %	102
	18 to 29	17.46 %	169
	30 to 39	19.20 %	381
	40 to 49	24.38 %	624
	50 to 59	26.74 %	483
	60 to 69	37.50 %	402
	70 to 79	47.21 %	254
	80 and above	45.83 %	33
<b>By diagnosis</b>			
	Asthma	24.33 %	1,940
	COPD	34.79 %	335
	Bronchiectasis	31.96 %	116
	ILD	34.91 %	59
	Other	32.61 %	15
	Bronchiectasis	8.26 %	30
	ILD	12.43 %	21
	Other	13 %	6
<b>Concerns</b>			
	Concerned about lung condition	64.25 %	6,115

By Gender		
Male	57.24 %	992
Female	65.88 %	5075
By Age		
17 and under	41.22 %	183
18 to 29	73.14 %	708
30 to 39	71.47 %	1,418
40 to 49	68.71 %	1,759
50 to 59	62.24 %	1,124
60 to 69	54.76 %	587
70 to 79	48.14 %	259
80 and above	50.00 %	36
By diagnosis		
Asthma	64.94 %	5,179
COPD	56.80 %	547
Bronchiectasis	67.77 %	246
ILD	66.86 %	113
Other	65.22 %	30
Concerned about family		
	61.50 %	5,854
By Gender		
Male	54.99 %	953
Female	63.03 %	4,855
By Age		
17 and under	60.36 %	268
18 to 29	65.91 %	638
30 to 39	66.33 %	1,316
40 to 49	64.02 %	1,639
50 to 59	60.24 %	1,088
60 to 69	53.82 %	1,072
70 to 79	47.21 %	538
80 and above	38.89 %	72
By diagnosis		
Asthma	63.32 %	5,050
COPD	51.40 %	495
Bronchiectasis	53.72 %	195
ILD	49.11 %	83
Other	67.39 %	31
Concerned about financial situation due to missed work		
	18.61 %	1,771
By Gender		
Male	18.58 %	322
Female	18.64 %	1,436
By Age		

17 and under	13.51 %	60
18 to 29	26.96 %	261
30 to 39	22.73 %	451
40 to 49	22.50 %	576
50 to 59	18.72 %	338
60 to 69	6.62 %	71
70 to 79	0.74 %	4
80 and above	1.39 %	1
By diagnosis		
Asthma	20.43 %	1,629
COPD	8.83 %	85
Bronchiectasis	8.26 %	30
ILD	12.43 %	21
Other	13 %	6



**Table E2: Practical Preparedness**

	Percentage	Number of observations
<b>Sources of Information</b>		
Government Letter		
Has received	19.54 %	1,855
Has not received	78.98 %	7,498
Does not know	1.49 %	141
Actively shielding of those who have received government letter	97.83 %	1,804
Main sources of COVID info		
TV	72.98 %	6,946
Radio	11.56 %	1,100
New websites	50.34 %	4,791
AUK/BLF website	17.49 %	1,665
AUK/BLF social media	14.36 %	1,367
Other social media	24.85 %	2,365
Friends and Family	8.34 %	794
Would like more information on:		
Symptoms	35.26 %	3,356
How to help their community	6.60 %	628
Financial help	14.57 %	1,387
Decisions possibly required if a person I care for gets ill	28.20 %	2,684
Decisions possibly required if I get ill	48.95 %	4,659
How to manage my lung condition during coronavirus	65.26 %	6,211
How to look after my mental health	31.14 %	2,964
How to manage being at home for so long	26.79 %	2,550
I do not need more information on coronavirus	13.05 %	1,242
<b>Confidence</b>		
	Mean (SD)	Observations
How well prepared do you feel? (1-10)	6.41 (1.7)	9,490
By Gender		
Male	6.63 (1.75)	1,729
Female	6.36 (1.80)	1,683
By Age		
17 and under	6.41 (1.70)	444
18 to 29	5.94 (1.71)	967
30 to 39	6.07 (1.74)	1,982
40 to 49	6.36 (1.75)	2,555
50 to 59	6.60 (1.78)	1,803
60 to 69	6.89 (1.85)	1,067
70 to 79	7.12 (1.76)	533
80 and above	6.92 (1.90)	70
By diagnosis		

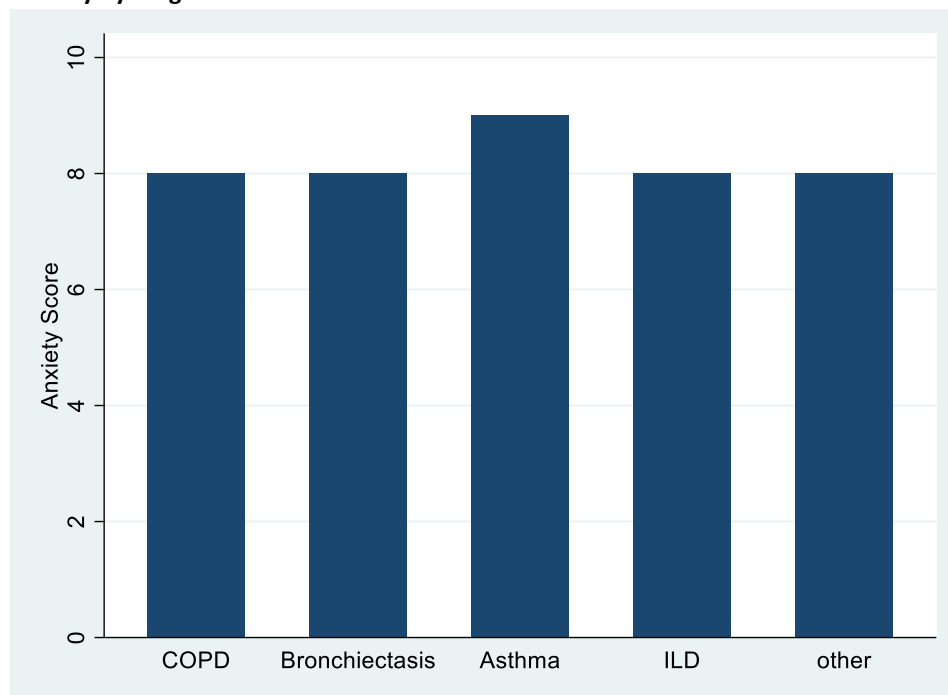
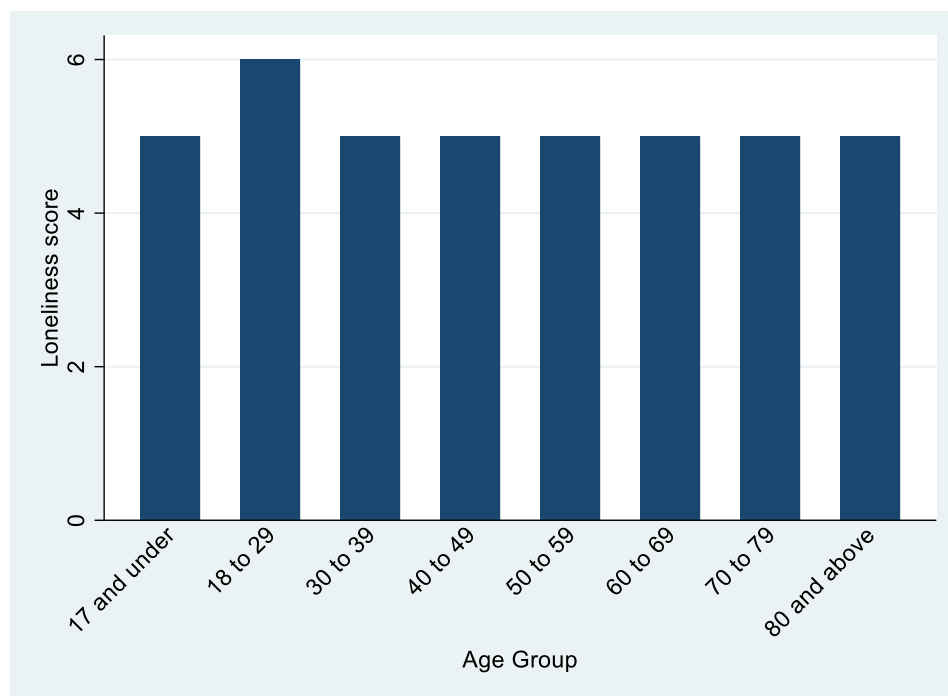
	Asthma	6.36 (1.76)	7,958
	COPD	6.68 (2.00)	657
	Bronchiectasis	6.63 (1.88)	361
	ILD	6.79 (1.89)	168
	Other	6.50 (1.80)	46
<b>Confidence following government advice (1-10)</b>			
		4.17 (0.85)	9,480
<b>By Gender</b>			
	Male	4.15 (0.86)	1,727
	Female	4.17(0.86)	7,675
<b>By Age</b>			
	17 and under	4.27 (0.75)	440
	18 to 29	4.06 (0.84)	965
	30 to 39	4.05 (0.92)	1,975
	40 to 49	4.12 (0.87)	2,552
	50 to 59	4.19 (0.85)	1,802
	60 to 69	4.36 (0.79)	1,068
	70 to 79	4.47 (0.67)	537
	80 and above	4.30 (0.80)	71
<b>By diagnosis</b>			
	Asthma	4.14 (0.87)	7,944
	COPD	4.34 (0.81)	959
	Bronchiectasis	4.31 (0.78)	362
	ILD	4.42 (0.72)	169
	Other	4.26 (0.80)	46
<b>Problems accessing groceries</b>			
		21.95 %	2,089
<b>By Gender</b>			
	Male	18.29 %	317
	Female	22.74 %	1,752
<b>By Age</b>			
	17 and under	18.47 %	82
	18 to 29	23.35 %	226
	30 to 39	24.80 %	492
	40 to 49	22.30 %	571
	50 to 59	19.16 %	346
	60 to 69	22.39 %	240
	70 to 79	18.22 %	98
	80 and above	19.44 %	14
<b>By diagnosis</b>			
	Asthma	21.23 %	1,693
	COPD	22.53 %	217
	Bronchiectasis	30.58 %	111
	ILD	31.36 %	53
	Other	32.61 %	15

<b>Problems accessing prescriptions</b>		7.28 %	693
By Gender			
	Male	6.52 %	113
	Female	7.46 %	575
By Age			
	17 and under	8.33 %	37
	18 to 29	10.23 %	99
	30 to 39	8.62 %	171
	40 to 49	7.93 %	203
	50 to 59	5.43 %	98
	60 to 69	4.76 %	51
	70 to 79	5.39 %	29
	80 and above	2.78 %	2
By diagnosis			
	Asthma	7.72 %	616
	COPD	4.78 %	46
	Bronchiectasis	6.06 %	22
	ILD	2.96 %	5
	Other	8.70 %	4
<b>Have you used any of these services due to coronavirus, or concerns about its symptoms?</b>			
<b>Used 111 Online</b>		19.23 %	1,830
By Gender			
	Male	17.57 %	304
	Female	19.64 %	1,513
By Age			
	17 and under	24.32 %	444
	18 to 29	23.35 %	968
	30 to 39	26.41 %	1,984
	40 to 49	21.80 %	558
	50 to 59	16.06 %	290
	60 to 69	8.68 %	93
	70 to 79	2.79 %	15
	80 and above	2.78 %	2
By diagnosis			
	Asthma	21.45 %	1,711
	COPD	6.65 %	64
	Bronchiectasis	10.19 %	37
	ILD	7.10 %	12
	Other	13.04 %	6
<b>Used 111 Phone</b>		8.01 %	762
By Gender			
	Male	8.02 %	139

	Female	8.00 %	616
<b>By Age</b>			
	17 and under	9.68 %	43
	18 to 29	10.12 %	98
	30 to 39	11.19 %	222
	40 to 49	8.67 %	222
	50 to 59	6.76 %	122
	60 to 69	3.26 %	35
	70 to 79	2.79 %	15
	80 and above	0.00 %	0
<b>By diagnosis</b>			
	Asthma	8.80 %	702
	COPD	3.53 %	34
	Bronchiectasis	3.86 %	14
	ILD	5.33 %	9
	Other	6.52 %	3
<b>Used A&amp;E</b>			
		1.11 %	106
<b>By Gender</b>			
	Male	1.15 %	20
	Female	1.10 %	85
<b>By Age</b>			
	17 and under	0.90 %	4
	18 to 29	1.14 %	11
	30 to 39	1.14 %	35
	40 to 49	1.45 %	37
	50 to 59	0.78 %	14
	60 to 69	0.28 %	3
	70 to 79	0.00 %	0
	80 and above	1.39 %	1
<b>By diagnosis</b>			
	Asthma	1.24 %	99
	COPD	0.42 %	4
	Bronchiectasis	0.55 %	2
	ILD	0.59 %	1
	Other	0.00 %	0
<b>Used GP</b>			
		25.63 %	2,439
<b>By Gender</b>			
	Male	23.43 %	406
	Female	26.20 %	7,703
<b>By Age</b>			
	17 and under	26.58 %	118
	18 to 29	29.65 %	287
	30 to 39	29.74 %	590

	40 to 49	28.83 %	738
	50 to 59	24.97 %	451
	60 to 69	16.60 %	178
	70 to 79	10.97 %	59
	80 and above	6.94 %	5
<b>By diagnosis</b>			
	Asthma	27.18 %	2,168
	COPD	14.75 %	142
	Bronchiectasis	22.31 %	81
	ILD	22.49 %	38
	Other	21.74 %	10
<b>Used the pharmacy</b>			
		8.95 %	852
<b>By Gender</b>			
	Male	10.91 %	189
	Female	8.54 %	658
<b>By Age</b>			
	17 and under	11.71 %	52
	18 to 29	10.64 %	103
	30 to 39	8.87 %	174
	40 to 49	9.49 %	243
	50 to 59	8.42 %	152
	60 to 69	7.46 %	80
	70 to 79	7.06 %	38
	80 and above	6.94 %	5
<b>By diagnosis</b>			
	Asthma	9.19 %	733
	COPD	8.20 %	79
	Bronchiectasis	7.44 %	27
	ILD	6.51 %	11
	Other	4.35 %	2
<b>Used BLF or AUK nurse phone</b>			
		7.19 %	684
<b>By Gender</b>			
	Male	6.29 %	109
	Female	7.40 %	570
<b>By Age</b>			
	17 and under	9.23 %	41
	18 to 29	8.06 %	78
	30 to 39	8.87 %	176
	40 to 49	8.36 %	214
	50 to 59	7.14 %	129
	60 to 69	2.89 %	31
	70 to 79	2.23 %	12
	80 and above	0	0

<b>By diagnosis</b>		
Asthma	8.13 %	648
COPD	1.56 %	15
Bronchiectasis	3.86 %	14
ILD	2.96 %	5
Other	4.35 %	2
<b>Used none of these</b>		
	55.45 %	5,278
<b>By Gender</b>		
Male	57.11 %	1,007
Female	54.85 %	4,225
<b>By Age</b>		
17 and under	48.65 %	216
18 to 29	50.52 %	489
30 to 39	47.33 %	939
40 to 49	52.19 %	1,336
50 to 59	56.92 %	1,028
60 to 69	69.50 %	745
70 to 79	78.44 %	422
80 and above	83.33 %	60
<b>By diagnosis</b>		
Asthma	52.69 %	4,202
COPD	73.00 %	703
Bronchiectasis	65.84 %	239
ILD	62.72 %	106
Other	60.87 %	28

**Additional Graphs of Anxiety and Loneliness by Age and Diagnosis****Anxiety by Diagnosis****Loneliness by Age Group**

Loneliness by Diagnosis

