

UNDERSTANDING COVID-19 RECOVERY, PHYSICAL ACTIVITY AND WELLBEING

Interview Guide

Recovery experience

Can you start by telling me about your COVID-19 experience? What happened, and how have you been recovering since?

What support have you had to recover?

- Probe re: support from different groups inc. employer, GP, hospital, friends/family, other survivors
- Role of social media/govt information (see if participant raises unprompted)
- What support has been missing so far or do you think you might need in the future?

Role of physical activity

How has physical activity and exercise played a part in your COVID-19 experience?

- For example, how have your physical activity levels been affected?
- Has physical activity been an issue (positive or negative) in your recovery so far?

Future outlook

What are your priorities (and/or concerns) for your health and wellbeing going forward?

Positive experiences

What have been the positives from your experience?

Other

Is there anything else we haven't covered that you think is important to mention here?