

Table 1: Impact of changes to regulations and day-to-day life on general wellbeing and specific health conditions

This table documents how the changes imposed due to the pandemic impacted participants' general wellbeing and also how it affected their ability to manage their health conditions.

Change	Perception	General impact on wellbeing and family	Impact on managing health condition	Example
Non-pharmaceutical adjustments - Cleaning, hand-washing, home tests, wearing masks, supplements	Largely positive attitude and separated from politics.	Tricky to guide children. Wearing/not wearing masks could lead to discrimination.	Hand washing impacting eczema Mask wearing made difficult by asthma Possibility of abuse from people if you can't wear a mask and have an invisible illness	"I've seen that happen to, and heard that from contacts, and friends and family who do have a more visible appearance, whether they wear their hijab or niqab and they're not wearing the facemasks or people who are not wearing the head covering but are of ethnic origin and they don't wear a mask, they could have an invisible illness like me. So, they're having to be questioned, they're having to prove all of that, you know, it's tough... even bus drivers some of them can be quite aggressive and quite, you know, argumentative and make you feel uncomfortable." (I1)
Access to supplies – closed shops, going cash free	Stressful and risky to access basic supplies – particularly in crisis points, or when ill, or with IT issues. Sometimes didn't feel could ask family and friends too much to help due to risk they would be taking. More affected when energy levels are a concern.	Practical difficulties and difficulty of navigating online shopping Expense Lack of supplies	Removal of practical solutions for daily life such as family shopping, cleaning, cooking Fear of running out of medicine	"My mum is quite elderly and she lives with my brother who is not very well. And I manage a lot of their affairs including their shopping as well so it was really difficult for them those first few months not having shopping at the right times. Online shopping for me is like going through a maze, I find it really difficult so that was something quite hard to manage. So the occasions that my husband would do some shopping we would try and go and drop it off downstairs and my niece and nephew would come and pick it up." (I8)
Change to routine - Staying indoors	More affected due to shielding or concern about health condition	Lack of routine	Lack of exercise leading to deteriorating health, strength and ability Stress around circumstance and going outside increasing seizures	"I just go out and get some fresh air, keep myself active but when you're shielding obviously you can't do that. So, what do you do. Your health will deteriorate, you're not getting the exercise, you're not moving your joints, you're not getting the circulation, you're not getting fresh

			<p>Weight gain Slowing recovery from operation as couldn't go out Unable to access coping mechanisms for mental health - walking Opportunity to expend less energy – e.g. work from home</p>	<p>air. I don't have outdoor space as I said. It's a struggle to leave the flat" (I1)</p> <p>"Even once they said to me I can start going up and down the stairs and everything, at the time we weren't allowed to go out. So, I was sort of like stuck. And that was a bit frustrating... When all of us was able to go out, I could only walk to the end of my road and back. I couldn't even go round the block. It was that painful and it was that difficult." (I48)</p>
<p>Change to commitments – Children at home, demands of work</p>	<p>More affected when energy levels are a concern, with household size, or whether children are present</p>	<p>More demands, less time to self, less personal space</p>	<p>Coping strategies disrupted – managing energy and responsibilities – couldn't rest as much</p>	<p>"If I've got a headache or I'm stressed I always go for a walk to clear my head. That became difficult leaving an eight-year-old at home and then a fourteen-year-old and a nineteen-year-old. I'd come back and they'd be fighting and squabbling... Me time was hard because we only live in a three bedroom flat and there's five of us and it is hard to find your own space." (I26)</p> <p>"Because we spend a lot of time at work also you have to do it at home, then it kind of affects, so you cannot go and give enough time yourself. So, the pandemic has made a huge contribution to my life." (I15)</p>
<p>Less social contact, meeting outside and distancing</p>	<p>Change in shielding requirements worrying. More affected when socialising outdoors was limited due to the weather (e.g. Raynaurd's condition) or mobility.</p>	<p>Loneliness, isolation Reduced contact with family and friends Getting to know neighbours Teenagers anti-social, worry about impact on children Closer as family, distance from rest Excluded from socialising by well-meaning friends as "too risky" Strained relationships when there were different interpretations of the guidance.</p>	<p>Coping strategy of people and activity as a distraction to pain – not as available Loneliness impacting mental health</p>	<p>"During the pandemic, where I live alone, so it just got a bit lonely. So I tried to break my months or weeks down during lockdown where my parents' home was part of my bubble ... I suffer from fibromyalgia and sometimes the physical pain can actually bring you down mentally as well. So I would take breaks in terms of living at home and maybe go and stay for a night or two or some weekends at my parents just for that company and just to get that help... [Before] you'd have a social circle, you'd have a social life even if you're not socialising with anyone it's like you know you'd just pop down to shopping or the cinema. With the lockdown everything is shut and you're not allowed to socialise with anyone and everyone so that did take its course. My parents were part of my bubble so they were the only company I had really to be honest." (I5)</p>

		More general anxiety around socialising		“What used to happen is the ability to be freely be in each other’s company.” (I8)
Fewer external commitments, closed spaces	Playgrounds closed – unfair on children	Opportunity to simplify life and be more in control Partner’s/own work load escalating Feeling change back to normal life challenging No access to English classes or social groups No places for children to play Longer term effect of “smaller” world	Space to manage anxiety differently (positively) Disruption to recovery strategy of going out and being busy	“It killed me. It made me severely depressed even more... I don’t tend to go out much anyway. I was in the process of practicing mindfulness and trying to push myself to go out and do things. And then it all came to an end and I couldn’t go out and do anything anyway.” (I41)
Vaccine	Mixture of emotions: Relief, Support, Confusion, Fear of complicating existing health conditions, Anger – side effects	Vaccine changing mindset, giving courage and relief	Bad reaction to vaccine	“I just felt like ... I was really, really tired and scared and quiet as well after COVID hitting me. I think it was only when I took the vaccination that I had to kind of say to myself that I’m doing something for myself, if that makes sense.” (I50)

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