

Arthritis Action COVID-19 and Arthritis Survey Results

Released 12th October 2020

Summary

In September 2020, Arthritis Action surveyed its members, people living with arthritis across the UK, to gather their feedback on the effects of the COVID-19 pandemic on their arthritis symptoms and daily lives.

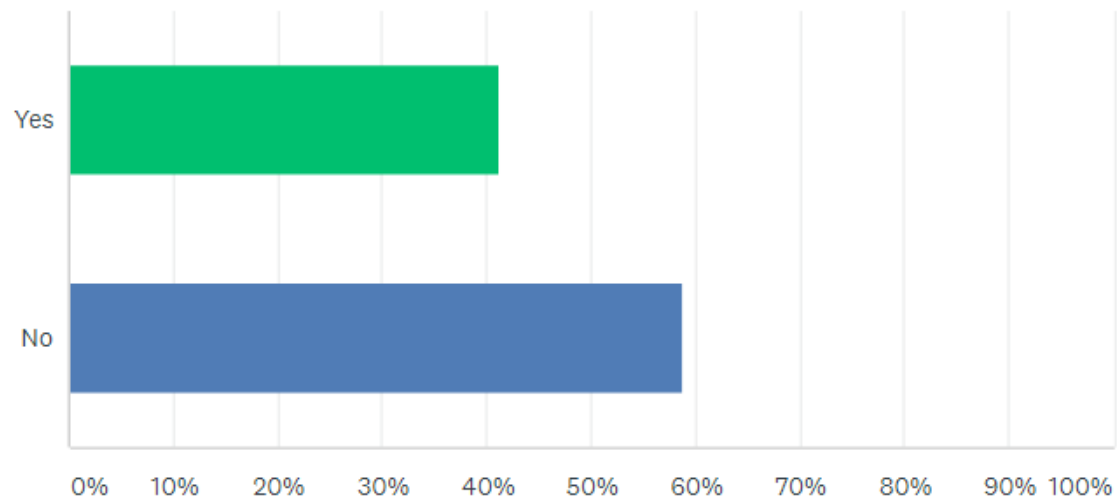
147 responses were received.

Key findings from the research include:

- **54%** found it harder to access their healthcare facility/GP practice
- **46%** of respondents reported their joints being more stiff than before lockdown
- **42%** reported that their pain had increased during the pandemic
- **41%** were in the shielding category
- **26%** are relying on pain medication more than before
- **2 in 5** are not exercising enough
- **1 in 3** found it harder to complete everyday tasks
- **36%** said COVID-19 has negatively affected their sleep

Have you (or a person you live with) been shielding?

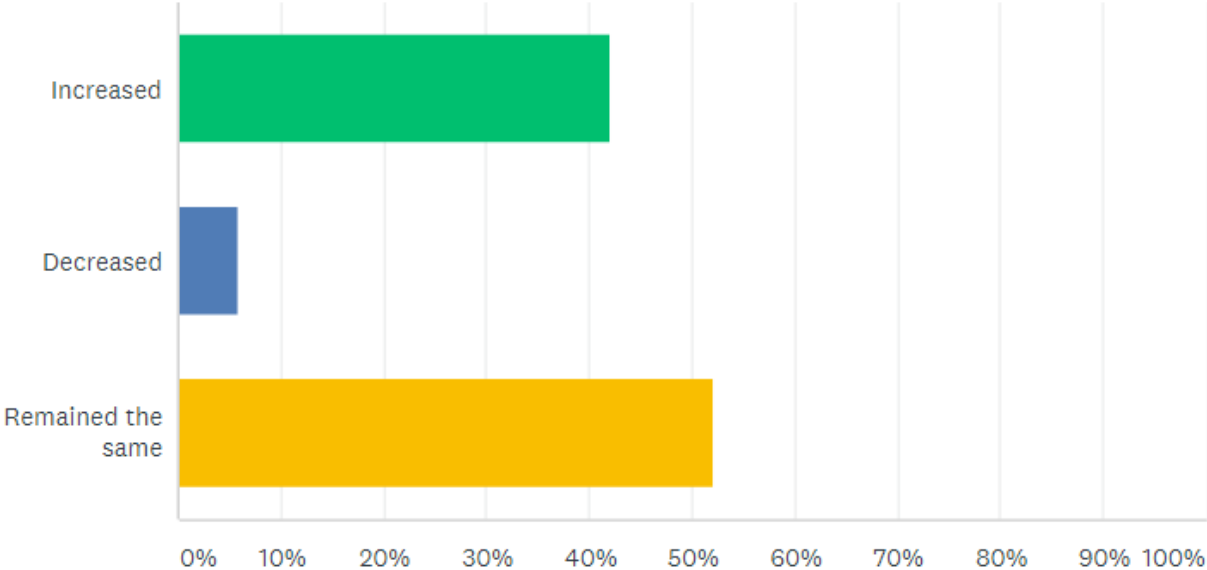
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ANSWER CHOICES	RESPONSES
Yes	41.30% 57
No	58.70% 81
TOTAL	138

Since the pandemic my arthritis pain has:

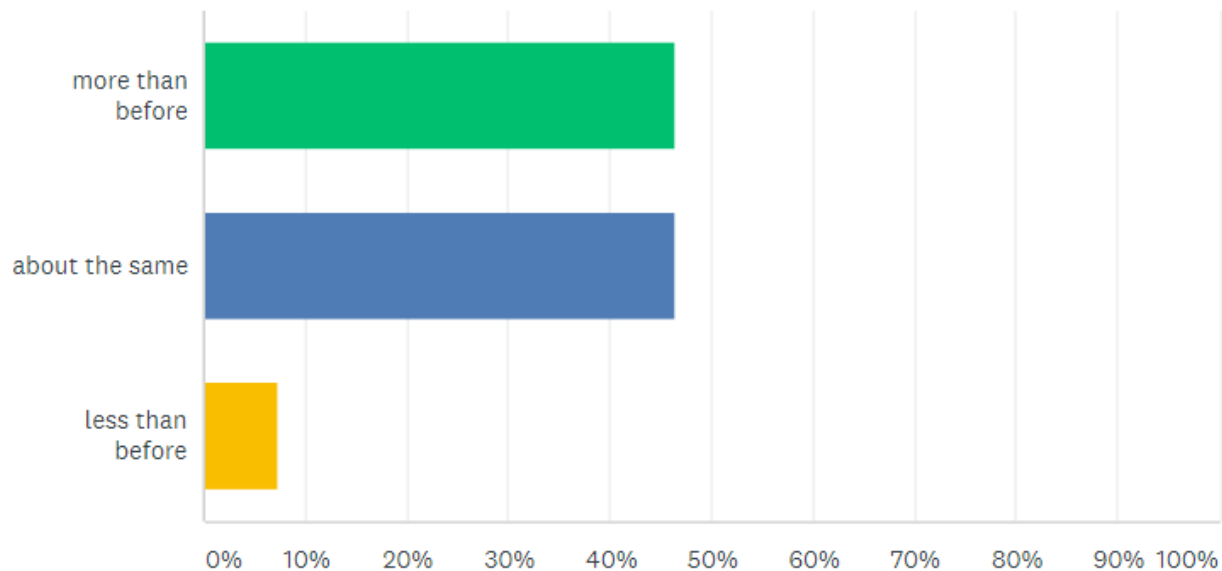
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ANSWER CHOICES	RESPONSES
Increased	42.03% 58
Decreased	5.80% 8
Remained the same	52.17% 72
TOTAL	138

Since the pandemic my joints have felt stiff:

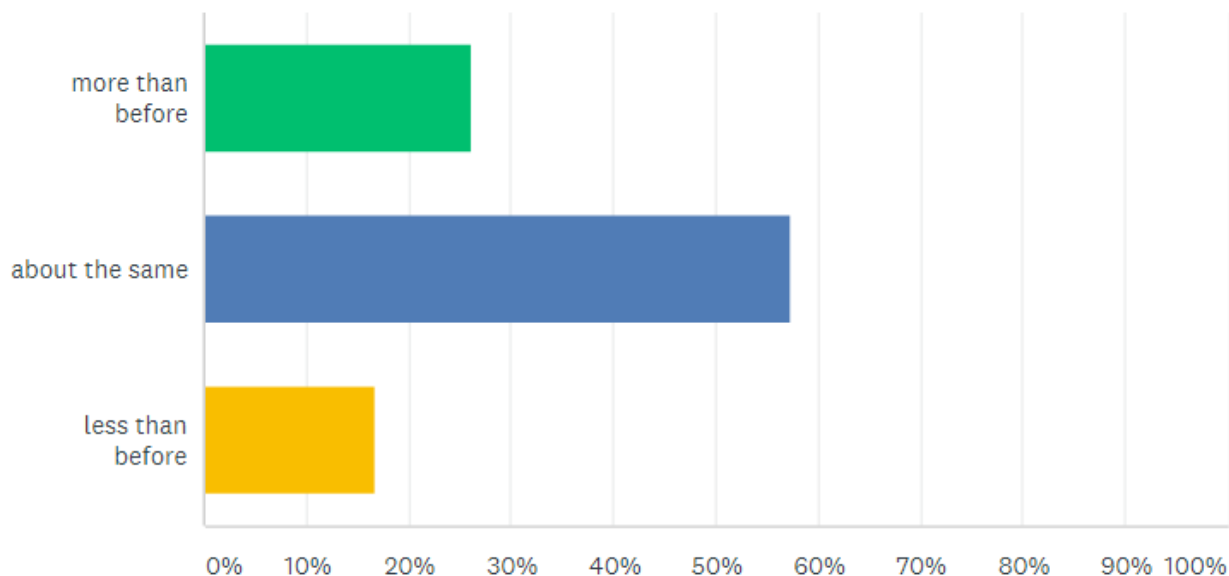
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ANSWER CHOICES	RESPONSES
more than before	46.38% 64
about the same	46.38% 64
less than before	7.25% 10
TOTAL	138

Since the pandemic I've had to rely on pain relief (medication such as paracetamol/ibuprofen or other pain medication) to go about my usual day:

Answered: 138 Skipped: 9



ANSWER CHOICES	RESPONSES
more than before	26.09% 36
about the same	57.25% 79
less than before	16.67% 23
TOTAL	138

Since the pandemic I've found:

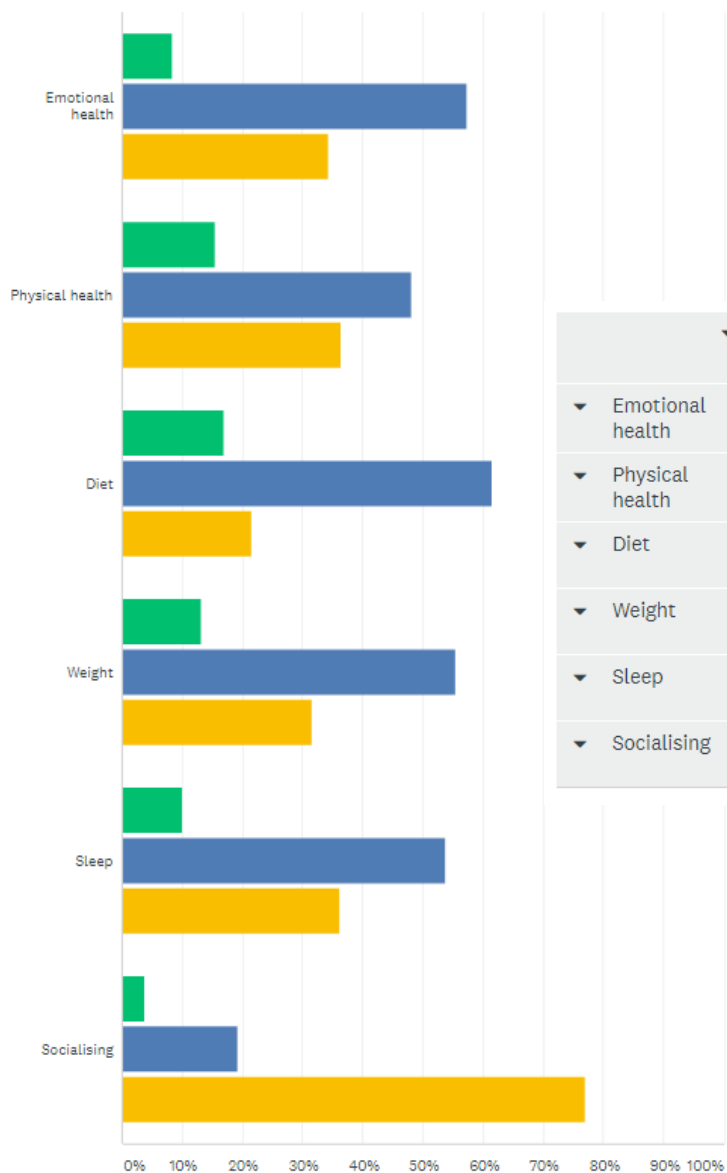
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	HARDER	ABOUT THE SAME	EASIER	TOTAL
▼ Everyday tasks (such as cleaning, walking my dog, gardening, cooking)	35.04% 48	54.01% 74	10.95% 15	137
▼ Access to my healthcare facility/GP practice	53.79% 71	34.09% 45	12.12% 16	132
▼ Following a healthy diet	27.74% 38	56.20% 77	16.06% 22	137
▼ Managing my weight	37.40% 49	48.09% 63	14.50% 19	131
▼ Exercising	44.03% 59	35.82% 48	20.15% 27	134

Which aspects of your health has COVID-19 impacted?

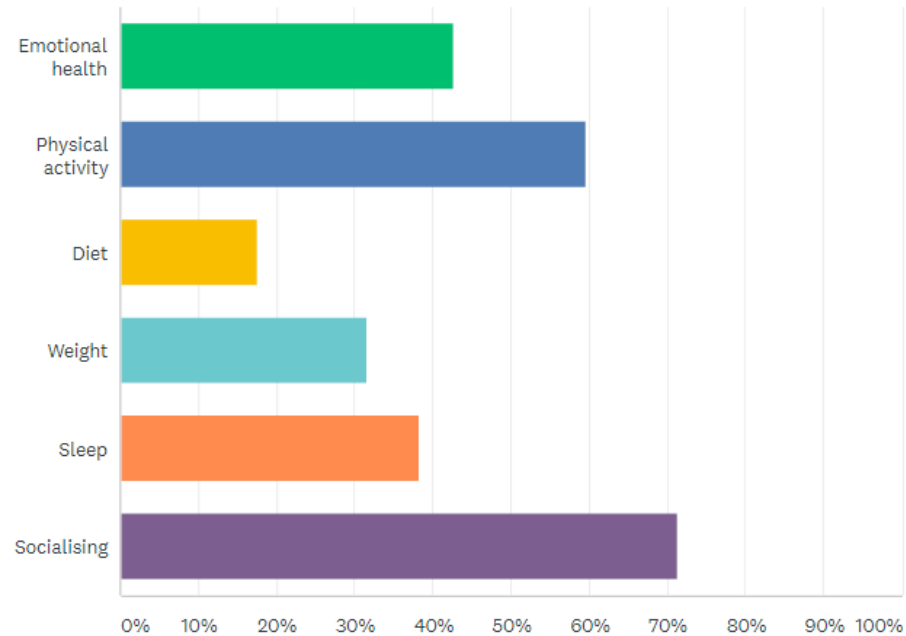
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	IMPROVED	REMAINED THE SAME	WORSENERD	TOTAL	WEIGHTED AVERAGE
Emotional health	8.40% 11	57.25% 75	34.35% 45	131	2.26
Physical health	15.50% 20	48.06% 62	36.43% 47	129	2.21
Diet	16.92% 22	61.54% 80	21.54% 28	130	2.05
Weight	13.08% 17	55.38% 72	31.54% 41	130	2.18
Sleep	10.00% 13	53.85% 70	36.15% 47	130	2.26
Socialising	3.70% 5	19.26% 26	77.04% 104	135	2.73

And which are the top three aspects that have affected you the most? (Pick 3)

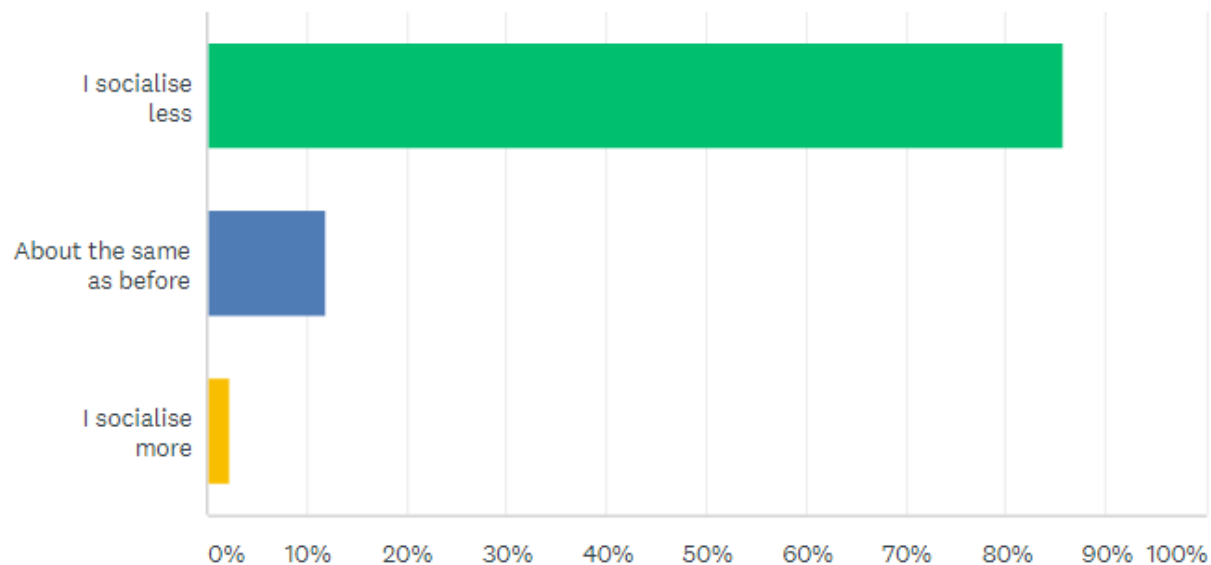
Answered: 136 Skipped: 11



ANSWER CHOICES	RESPONSES
▼ Emotional health	42.65% 58
▼ Physical activity	59.56% 81
▼ Diet	17.65% 24
▼ Weight	31.62% 43
▼ Sleep	38.24% 52
▼ Socialising	71.32% 97
Total Respondents: 136	

Lockdown has affected my social life:

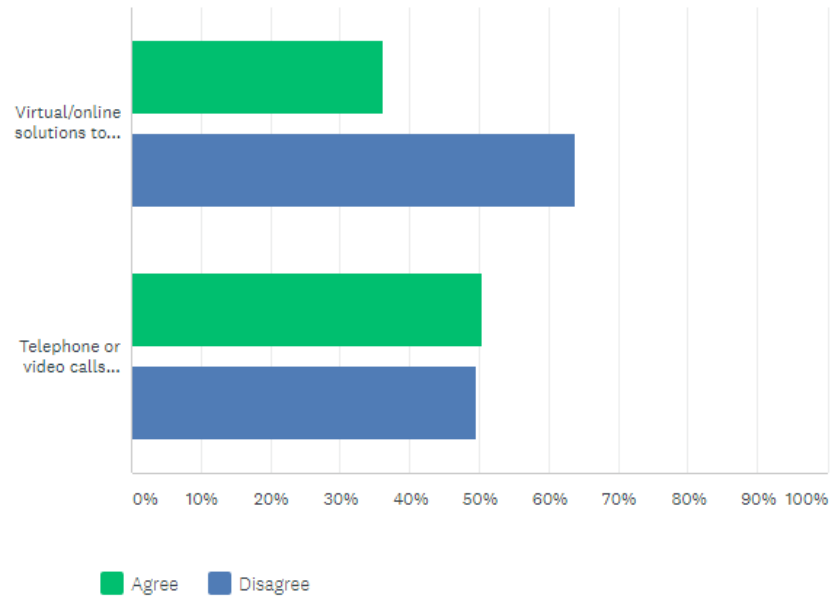
Answered: 134 Skipped: 13



ANSWER CHOICES	RESPONSES
▼ I socialise less	85.82% 115
▼ About the same as before	11.94% 16
▼ I socialise more	2.24% 3
TOTAL	134

I find:

Answered: 134 Skipped: 13



	AGREE	DISAGREE	TOTAL	WEIGHTED AVERAGE
Virtual/online solutions to socialising a good substitute for meeting in-person	36.15% 47	63.85% 83	130	1.64
Telephone or video calls (such as FaceTime, Whatsapp, Zoom, or Skype) a good substitute for meeting in-person	50.38% 67	49.62% 66	133	1.50

For more information please visit:
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