



The effects of COVID19 on Physical Activity and stress levels in medical doctors

Researchers: Prof K L Bennell, A/Prof M J Fitzpatrick, M Hamlin, Dr C Elliot, Dr S Khullar, Dr Y Kithravel, Dr M Taylor
Ethics ID: 2057014.1

Dear Doctor,

We have been asked to support a research project being undertaken by the University of Melbourne, Australia in conjunction with Lincoln University, New Zealand who are undertaking an on-line research survey to measure the physical activity and stress levels of medical doctors in New Zealand and Australia during the COVID lockdown and how these levels change as the lockdown is removed.

On the 26th of March, New Zealand moved into alert level 4 lockdown in response to the COVID-19 pandemic. Whilst in Australia, currently stage 3 restrictions are in place which started in the state of Victoria on the 30th March 2020. We recognise that this unprecedented situation may have altered physical activity levels for most doctors due to closure of normal recreational facilities in New Zealand and encouragement to maintain social distancing in Australia. We also realise that mental health issues are more represented amongst doctors compared the general population. The aim is to measure the physical activity and stress levels of medical doctors in New Zealand and Australia during the lockdown and how these levels change as the lockdown is removed. The results of this study will hopefully allow better support structures to be implemented for doctors' physical and mental well-being via our professional colleges.

Your participation in this project will involve you completing this online survey on your physical activity and stress levels today and, again when the lockdown comes to a final closure. The survey will take approximately 10-15 minutes to complete. Whether you participate in this survey, or not, will have no impact on your relationship with your College as all surveys are anonymous.

The results of the project may be presented in conferences and published in journal articles. Only aggregated data will be presented in any publications and no information will be reported in a way that might identify individuals. You may be assured of your anonymity in this investigation: the identity of any participant will not be made public, or made known to any person other than the researchers, or the University of Melbourne or Lincoln University Human Ethics Committees. The latter may occur only in the event of an audit. To ensure anonymity, individual survey data will be seen only by the researchers, and will be stored on a password protected device at Lincoln University.

Your participation in this research is voluntary and you may decline to answer any or all questions. You may withdraw from the project, during the survey by clicking out of it. It is not possible to withdraw after the results are collected as the results are anonymous and cannot be identified from the group results.

Thank you kindly for considering participating in this research. We do not anticipate there will be any risk to your physical wellbeing associated with your participation in this study. The questions asked in the questionnaire are designed to be general. Nevertheless, if you feel that the questionnaire has raised any concerns for you left you may contact the researchers on the numbers below, who can direct you for further help and support.

The following links and telephone numbers also provide support.

1. Beyond Blue- <https://www.beyondblue.org.au> 1300 22 46 36
2. Lifeline Australia- <https://www.lifeline.org.au> 13 11 14

Please click on the link below to complete the survey if you are a medical doctor in Australia or New Zealand. Feel free to share this email with your colleagues.

https://lincoln.az1.qualtrics.com/jfe/form/SV_3JElealZFQmJxSI

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