



ASAP → base

14.03.2022, 12:20

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Start

Welcome

SC02

The outbreak of the novel coronavirus has changed our life within shortest time. In many countries, public life has been reduced or canceled (e.g. by means of business closures, bans of public gathering or quarantine) in order to reduce social contact and, with this, contain the pandemic. For many individuals, regular access to gyms, sports clubs or sports facilities is no longer possible.

We, an international group of scientists from several universities, aim to help all those being affected by the current situation. To promptly create new exercise programs, contents and methods, we conduct a brief survey assessing your physical activity levels well-being during the pandemic. Our survey will take less than 10 minutes.

The guidelines of good ethical research stipulate that participants in empirical studies explicitly and comprehensively agree to participate. SC01

Voluntary. Your participation in this investigation is voluntary. You are free to cancel your participation at any time in this study without incurring any disadvantages.

Anonymity. Your data is treated confidentially, will be stored encrypted and password-protected, only be evaluated anonymously and not be passed on to third parties. All collected data will only be used for scientific purposes. Demographic information such as age or gender does not allow a clear conclusion to be drawn with regard to yourself.

Questions. If you still have questions about this study, you can find the contact details of the principal investigator of this study in the bottom of each page ('Imprint ASAP').

By participating in this survey (indicated by clicking the 'Participate'-button), I confirm that I am older than 18 years and have read and understood the informed consent.

Participate

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SD

Please indicate your sex.SD01 

- Male
- Female
- Non-binary
- I prefer not to say

What is your age?SD02  years**Where do you live?**SD04  **Where do you work since the virus outbreak in your country?**SD03 

- Remotely (Home office)
- Office/regular place of work
- both
- I do not have a formal employment.
- I do not want to tell.

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Arbeit

Do you currently work part-time or full-time?SD05 

- full-time
- part-time
- I do not want to tell

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KH

Have you had any symptoms beyond a minor respiratory tract infection since the virus outbreak in your country? KH01

Only choose yes, if you had to stay in bed or reduce your regular movement behaviour due to these symptoms.

- yes
 no

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Corona

Have you been diagnosed with the novel Coronavirus? KH02

Only choose "yes" if you have been diagnosed by a healthcare professional.

- yes
 no
 I do not want to tell

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Einschraenkung

Please indicate the approximate number of days you have been limited in your ability to leave your home and move freely due to restrictions of public life (e.g. prohibition of face-to-face contact, business closures, lockdowns). KH03

days

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Erklaerung

From here, we will repeatedly ask how certain situations and conditions have changed in your country since the outbreak of the novel coronavirus. For instance, if you just stated to be restricted in your ability to move freely since 14 days, please always compare the situation during these last 14 days to 14 typical days prior to the outbreak. If you chose 30 days, please compare these 30 days with 30 typical days prior to the outbreak. KH04

Physical activities in leisure time

KA09

We would like to know, how physically active you have been in your **free time** (including commuting from and to work). We only ask about moderate and vigorous activities – light activities do not need to be reported.

Moderate activities are those where your heartbeat increases and you breathe faster (e.g. brisk walking, cycling as a means of transport or as a exercise, heavy gardening, running or recreational sports).

Vigorous activities are those that get your heart racing, make you sweat and so short of breath that you find it difficult to speak (e.g. swimming, running, cycling at high speeds, cardio training, weigh-lifting or team sports such as football).

Moderate and vigorous activities

KA01

On a typical week, how much time do you spend in total on both moderate and vigorous physical activities?

Please sum all activities with a minimal duration of 10 minutes. Enter 0, if there was not at least one activity of more than 10 minutes.

before the outbreak Minutes per week.

since the outbreak Minutes per week.

Vigorous activities only

KA03

How much of that time you indicated above, do you spend in total on **vigorous physical activities** only?

Please sum all activities with a minimal duration of 10 minutes. Enter 0, if there was not at least one activity of more than 10 minutes.

before the outbreak Minutes per week.

since the outbreak Minutes per week.

Physical activity in your job

KA10

While the previous questions addressed free time, the following two focus on work/occupational time. Again, we only ask about moderate and vigorous activities – light activities do not need to be reported.

Moderate activities are those where your heartbeat increases and you breathe faster (e.g. brisk walking).

Vigorous activities are those that get your heart racing, make you sweat and so short of breath that you find it difficult to speak (e.g. repeated lifting of heavy weights).

Moderate and vigorous activities

KA07

Rahmen

On a typical week, how much time do you spend in total on both moderate and vigorous physical activities?

Please sum all activities with a minimal duration of 10 minutes. Enter 0, if there was not at least one activity of more than 10 minutes.

before the outbreak Minutes per week.

since the outbreak Minutes per week.

Vigorous activities only

KA08

How much of that time you indicated above, do you spend in total on **vigorous physical activities** only?

Please sum all activities with a minimal duration of 10 minutes. Enter 0, if there was not at least one activity of more than 10 minutes.

before the outbreak Minutes per week.

since the outbreak Minutes per week.

Please indicate the impact of the restrictions in public life on your overall level of activity (now including also light and very light activities such as shopping, walking, etc.)

KA11

strongly negative
influenceslight negative
influence

no influence

modest positive
impactstrongly positive
influence

How did you engage in sport or exercise before the virus outbreak in your country?KA05 **Multiple choice possible.**

- Gym
- Sports club
- Self-organised outdoor (e.g. running, cycling in nature)
- Self-organised at home (e.g. cycle ergometer, dumbbells)
- others
- not at all

How did you engage in sport or exercise since the virus outbreak in your country?KA06 **Multiple choice possible.**

- self-organised outdoor (e.g. running, cycling in nature)
- self-organised at home (e.g. cycle ergometer, dumbbells)
- others
- not at all

Please indicate whether you suffered from musculoskeletal pain before and/or since the virus outbreak. WB13


The musculoskeletal system comprises all parts of the skeletal system with bones, muscles, ligaments, tendons, joints and their functions.

	no pain	very light pain	light pain	moderate pain	strong pain	very strong pain
before outbreak	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
since outbreak	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much did pain interfere with your normal work (including both work outside the home and housework)? WB14

	no pain	not at all	a little bit	moderately	quite a bit	extremely
before outbreak	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
since outbreak	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

question('WB15', 'combine=WB16')

Please list all body regions where you had pain before (left boxes) and/or side (right boxes) the onsetWB15 WB16 

Multiple selections in both columns are possible.

	before outbreak	since outbreak
I did not have pain.	<input type="checkbox"/>	<input type="checkbox"/>
Neck/cervical spine	<input type="checkbox"/>	<input type="checkbox"/>
Shoulder	<input type="checkbox"/>	<input type="checkbox"/>
Upper arm	<input type="checkbox"/>	<input type="checkbox"/>
Elbow	<input type="checkbox"/>	<input type="checkbox"/>
Forearm	<input type="checkbox"/>	<input type="checkbox"/>
Wrist	<input type="checkbox"/>	<input type="checkbox"/>
Hand	<input type="checkbox"/>	<input type="checkbox"/>
Fingers	<input type="checkbox"/>	<input type="checkbox"/>
Thoracic spine/upper back	<input type="checkbox"/>	<input type="checkbox"/>
Sternum/Ribs	<input type="checkbox"/>	<input type="checkbox"/>
Lumbar spine/lower back	<input type="checkbox"/>	<input type="checkbox"/>
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>
Pelvis/buttock	<input type="checkbox"/>	<input type="checkbox"/>
Hip	<input type="checkbox"/>	<input type="checkbox"/>
Groin	<input type="checkbox"/>	<input type="checkbox"/>
Thigh	<input type="checkbox"/>	<input type="checkbox"/>
Knee	<input type="checkbox"/>	<input type="checkbox"/>
Lower leg	<input type="checkbox"/>	<input type="checkbox"/>
Ankle/achilles tendon	<input type="checkbox"/>	<input type="checkbox"/>
Foot/toes	<input type="checkbox"/>	<input type="checkbox"/>

Please indicate for each of the five statements which is closest to how you have been feeling before the **WB10** outbreak of the novel coronavirus.

	all the time	most of the time	a little more than half of the time	a little less than half of the time	every now and then	at no time
Before the outbreak...						
...I have felt cheerful and in good spirits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I have felt calm and relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I have felt active and vigorous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I woke up feeling fresh and rested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...my daily life has been filled with things that interest me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate for each of the five statements which is closest to how you have been feeling since the **WB11** outbreak of the novel coronavirus.

	all the time	most of the time	a little more than half of the time	a little less than half of the time	every now and then	at no time
Since the outbreak						
...I have felt cheerful in good spirits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I have felt calm and relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I have felt active and vigorous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I woke up feeling fresh and rested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...my daily life has been filled with things that interest me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In general, how would you rate the influence of restrictions by government due to the novel coronavirus (e.g., the closure of sports facilities and gyms, bans of public gathering or quarantine) on your personal well-being? WB19

psychological well-being

strong negative influence no influence strong positive influence

physical well-being WB20

strong negative influence no influence strong positive influence

Since the outbreak of the novel coronavirus, sport and/or physical activity helps me deal with the overall situation. WB12

completely disagree rather disagree rather agree totally agree

Would you be interested in a free online exercise training program that you could use home-based despite the restrictions in public life? TP01

- yes
- no

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TP2

How much time per week would you like to spend for such a training program?TP02  Minutes per training session/workout**How often would you like to exercise?**TP04 

- daily
- 4-6 times a week
- 3-4 times a week
- 1-2 times a week

Which type of exercise would you like to perform?TP03 **Multiple choice possible.**

- Strength
- Endurance
- Coordination/Balance
- Cognition
- Flexibility/Stretching
- Relaxation
- no preference

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Code

Thank you for participating!EN04 

You are welcome to visit us on our homepage as well as on Facebook and Instagram:

EN05 

[Homepage](#) [Facebook](#) [Instagram](#)

Please feel free to share this survey with your family, work colleagues and friends! Thank you!

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Last Page

Thank you for participating!

Your answers have been saved, you can now close the browser window.

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