

**The results of the survey “Impact of Covid-19 pandemic on Parkinson’s disease patients – results of a Polish online survey”.**

The percentages presented do not have to sum up to 100 due to the rounding used.

The person completing the survey\*

- Patient by themselves **21%**
- With the help of their caregiver **79%**

Do you feel particularly vulnerable to contracting SARS-CoV-2? \*

- Yes **55%**
- No **28%**
- I do not know **17%**

Do you think that SARS-Cov-2 virus is particularly dangerous?

- Yes **96%**
- No **4%**

Why? *Open question. The most frequent answers:*

<i>Substantiation</i>	<i>No. of people</i>	<i>% of the total number of respondents [N = 47]</i>	<i>% convinced of the threat [n = 45]</i>	<i>% providing any substantiation</i>
<i>High infectivity</i>	<b>22</b>	<b>47%</b>	<b>49%</b>	<b>63%</b>
<i>Severe disease, complications</i>	<b>18</b>	<b>38%</b>	<b>40%</b>	<b>51%</b>
<i>High mortality</i>	<b>9</b>	<b>19%</b>	<b>20%</b>	<b>26%</b>

Have you tried to find information about any interactions between Parkinson's disease and COVID-19? \*

- Yes **43%**
- No **51%**
- I do not know **6%**

If so, how were you looking for information on the interaction between PD and COVID-19? \*

- Medical staff **0%**
- Internet **53%**
- Parkinson's Disease Patient Association/Foundation **11%**
- Family/Friends **4%**
- Not applicable **32%**

Have you changed your behavior since the appearance of the new virus?

- Yes 89%
- No 6%
- Maybe 4%

Do you undertake any preventive measures against COVID-19? \*

- Yes 98%
- No 2%
- I do not know 0%

If so, what are they? \*

<i>Protection</i>	<i>Number of respondents</i>	<i>% of respondents [N=47]</i>	<i>% of them used the protection [n=46]</i>
<i>Wearing a mask</i>	46	98%	100%
<i>Frequent hand washing</i>	42	89%	91%
<i>Social distance</i>	37	79%	80%
<i>Using gloves</i>	18	38%	39%
<i>Rigorous closure</i>	10	21%	22%

Have you ever been in contact with someone who had COVID-19? \*

- Yes 32%
- No 51%
- I do not know 17%

Have you been diagnosed with SARS-CoV-2 infection? \*

- Yes, I did have symptoms 4%
- Yes, but I had no symptoms 0%
- No 94%
- No, but I had COVID-19 symptoms 2%

If so, did it affect the symptoms of Parkinson's disease? \*

- Yes, they intensified – *answered by one of two persons with confirmed diagnosis of SARS-CoV-2 infection*
- No – *answered by one of two persons with confirmed diagnosis of SARS-CoV-2 infection*

If so, which ones? *Tremor, stiffness, balance disorders and easy fatigability.*

Are you afraid to go to the doctor or association for fear of infection? \*

- Yes 36%
- No 34%
- Not anymore, but I had such a period during the pandemic 30%

Have you had a problem with access to medications that are constantly taken? \*

- Yes 36%
- No 64%

Have you had a problem with access to rehabilitation? \*

- Yes 45%
- No 28%
- For some time during the pandemic I had a problem with it, but now I have returned to exercise 11%
- Other: not using 6%, others 10%

During the restrictions, did you visit the website of an association or foundation for people with Parkinson's disease to find information about possible treatments and/or exercises? \*

- Yes 55%
- No 32%
- I do not remember 13%

During the restrictions, do you remain active in a different way, by exercising? \*

- Yes 94%
- No 6%

If so, what are the activities? \*

<i>Type of activity</i>	<i>Number of respondents</i>	<i>% of respondents [N=47]</i>
<i>Home training as before</i>	26	55%
<i>Walks</i>	25	53%
<i>Self-found exercises</i>	15	32%
<i>Individual exercises with a physiotherapist at home</i>	7	15%
<i>Individual exercises with physiotherapist online</i>	7	15%
<i>Cycling</i>	7	15%
<i>Team sports (e.g. boxing)</i>	6	13%
<i>Other activities</i>	6	13%
<i>None</i>	3	6%

How would you rate your activity before the pandemic? Mark the answer on a scale of 1 (little active) to 5 (very active – I exercised min. 5 times a week) \*

- 1 2%
- 2 13%
- 3 47%
- 4 23%
- 5 15%

How would you rate your activity NOW? Mark the answer on a scale of 1 (little active) to 5 (very active – I exercise min. 5 times a week)\*

- 1 17%
- 2 34%

- 3 **28%**
- 4 **15%**
- 5 **6%**

Do you think that the COVID-19 pandemic has affected your fitness? \*

- Yes, negatively **70%**
- No, nothing has changed **30%**
- Yes, positively, I have motivated myself and I am feeling better **0%**

Have you performed regular exercises to stimulate cognitive memory since the beginning of the pandemic? \*

- Yes **32%**
- Not **60%**
- I do not know **9%**

Have you performed regular speech therapy exercises since the beginning of the pandemic? \*

- Yes **19%**
- Not **81%**

Have you noticed the deterioration of your Parkinson's disease symptoms since the COVID-19 pandemic started? \*

- Yes **55%**
- Not **17%**
- Maybe **28%**

If so, which symptoms have worsened? \*

<i><b>Symptom</b></i>	<i><b>Number of respondents</b></i>	<i><b>% of people reporting deteriorating symptoms [n=39]</b></i>	<i><b>% of all respondents [N=47]</b></i>
<i><b>Gait problems</b></i>	<b>12</b>	<b>31%</b>	<b>26%</b>
<i><b>Stiffness</b></i>	<b>10</b>	<b>26%</b>	<b>21%</b>
<i><b>Problems with daily activities</b></i>	<b>10</b>	<b>26%</b>	<b>21%</b>
<i><b>Slowness of movement (bradykinesia)</b></i>	<b>9</b>	<b>23%</b>	<b>19%</b>
<i><b>Problems with mood, motivation</b></i>	<b>8</b>	<b>21%</b>	<b>17%</b>
<i><b>Balance disorders</b></i>	<b>6</b>	<b>15%</b>	<b>13%</b>
<i><b>Problems with memory</b></i>	<b>6</b>	<b>15%</b>	<b>13%</b>
<i><b>Depression</b></i>	<b>4</b>	<b>10%</b>	<b>9%</b>
<i><b>None reported</b></i>	<b>8</b>	<b>21%</b>	<b>17%</b>

Have you felt anxious since the beginning of the pandemic? \*

- Yes 38%
- Not 34%
- Maybe 28%

Have you experienced a feeling of isolation since the beginning of the pandemic? \*

- Yes 40%
- Not 36%
- Maybe 23%

Has contact with friends/family deteriorated since the beginning of the pandemic? \*

- Definitely yes, I am afraid of visiting people and I try not to leave the house 68%
- Rather yes, fear of infection is less common 26%
- Rather not, the same people visit/I go to the same places 2%
- Definitely not, nothing has changed 4%

Self-perceived quality of life BEFORE the COVID-19 pandemic \*

- Very good 9%
- Okay 32%
- Normal 53%
- Bad 6%
- Very bad 0%

Self-perceived quality of life NOW during the COVID-19 pandemic \*

- Very good 2%
- Okay 6%
- Normal 34%
- Bad 49%
- Very bad 6%

Do you use amantadine (Viregyt K, Amantix)?

- Yes 19%
- No 66%
- I do not know 13%

The demographic data is presented in the manuscript in the Tab. 1.