

EPHC theme: COVID-19 diary project summary

- 8 week (Apr-Jun 20) study which used diary recordings and weekly phone calls to capture public experiences during lockdown.
- Ethical approval granted from Lancaster University
- 15 public advisors recruited from across ARC NWC
- 115 diaries completed and 114 weekly telephone contacts made during the study period
- Focus group conducted with advisors exploring experience of using diaries and how findings could be disseminated.
- Data analysis is currently being undertaken. Key emerging themes:
 - **Effects on mental wellbeing:** distress and anxiety about social separation, household tensions and loss of day to day routines, additional stresses for particular groups (e.g. carers)
 - **Experiences of lockdown 'rules':** general observation of rules but confusions over government guidance and to interpret
 - **Health and care experiences:** access to usual care provision fears and impacts on health conditions
 - **Use of technology:** use of new technologies and ways of communicating and taking part in social activities
 - **Diary methods:** positive personal impacts of diary keeping and using diary method as a research tool

Next steps

- Group discussion planned with advisors to explore key themes and develop dissemination plan
- Produce series of BITES on themes identified above
- Academic papers
- Identify other outputs with input from advisors/ARC members

“I thought this is great because it gives me something to do on a Monday... think I thought it was very therapeutic doing the diary for the whole week.” (Advisor)

“I think it will help people on a cathartic thing and also you know for their well-being may be to document things. Give them something to, to focus on.” (Advisor)