

COVID insights from the 45 and Up Study: a dynamic and collaborative approach to evidence-making during the COVID-19 pandemic

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Supplementary Tables

Supplementary Table 1: COVID Insights recruitment and response rates

Cohort	Phase 1 ²		Phase 2	Total
	Participants not in 2020 Wave 3 ¹ contactable by email	Participants not in 2020 Wave 3 contactable by post only ³	2020 Wave 3 interested participants ⁴	
Invited	40,000	20,000	28,840	88,840
Respondents	16,290	573	15,252	32,115
Response rate	40.7%	2.9%	52.9%	36.1%

¹ 2020 Wave 3. A general follow up survey of 45 and Up Study participants conducted in 2020. This is part of the third wave of surveys, which began with the Baseline surveys in 2005-2009. The 2020 Wave 3 surveys included a COVID Supplement.

² COVID Insights recruitment Phase 1. Invitations posted and emailed to 60,000 randomly selected participants who were not part of the 2020 Wave 3 follow-up.

³ Prior to COVID Insights these participants had only supplied a postal address to the 45 and Up Study.

⁴ COVID Insights recruitment phase 2. Invitations were posted and emailed to interested 2020 Wave 3 group. Interested participants were those who answered yes or maybe to the 2020 Wave 3 question, "Would you consider participating in short online surveys".

Supplementary Table 2: Additional results

	Survey 1 31 Jul - 22 Dec 2020	Survey 2 18 Feb - 12 Apr 2021	Survey 3 10 Jun – 1 Sep 2021	Survey 4 8 Sep – 30 Nov 2021
	32,115 n (%)	28,976 n (%)	27,015 n (%)	24,717 n (%)
Overall physical activity compared to 12 months ago				
Less time	7,878 (24.5%)			
Same	19,081 (59.4%)			
More time	4,995 (15.6%)			
Watching TV compared to 12 months ago				
Less time	2,504 (7.8%)			
Same	21,549 (67.1%)			
More time	7,959 (24.8%)			
Missed healthcare*				
Missed appointments	13,294 (41.4%) ^a	2,911 (10.1%) ^b	4,187 (15.5%) ^c	6,404 (25.9%) ^c
Missed healthcare by sex ^{*∞}				
Male	5,010 (35.5%) ^a	1,053 (8.4%) ^b	1,460 (12.4%) ^c	2,285 (21.2%) ^c
Female	8,284 (46.0%)	1,858 (11.4%)	2,727 (17.9%)	4,119 (29.6%)
Missed healthcare by age ^{*∞}				
56-64 years	4,758 (46.4%) ^a	1,068 (12.5%) ^b	1,484 (19.7%) ^c	1,993 (30.9%) ^c
65-74 years	6,198 (40.8%)	1,396 (10.0%)	1,996 (15.1%)	3,237 (26.6%)
75-84 years	2,099 (35.4%)	404 (7.1%)	623 (11.2%)	1,077 (19.8%)
85+ years	239 (32.7%)	43 (6.1%)	84 (11.8%)	97 (14.4%)
Type of healthcare appointment missed*				
Dentist	8,156 (25.4%) ^e	1,424 (4.9%) ^b	2,198 (8.1%) ^c	3,920 (15.9%) ^c

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GP	5,015 (15.6%)	1,254 (4.3%)	1,329 (4.9%)	1,774 (7.2%)
Specialist doctor	3,968 (12.4%)	740 (2.6%)	997 (3.7%)	1,493 (6.0%)
Cancer screening	1,480 (4.6%)	295 (1.0%)	2,080 (7.7%)	743 (3.0%)
Mental health	655 (2.0%)	84 (0.3%)	123 (0.5%)	156 (0.6%)
Impact of missed care*				
Health worsened as a result of missed care	986 (3.1%) ^d	269 (0.9%) ^d	507 (1.9%) ^e	803 (3.3%) ^e
Self-reported quality of life				
Poor-fair	1,288 (4.0%)		1,546 (5.7%)	1,543 (6.2%)
Good	5,833 (18.2%)		5,744 (21.3%)	5,335 (21.6%)
Very good-excellent	24,884 (77.5%)		19,725 (73.0%)	17,839 (72.2%)
Impact of the pandemic on mental health*				
Worse	9,258 (28.8%) ^f		8,581 (31.8%) ^g	11,301 (45.7%) ^g
Same	21,504 (67.0%)		17,478 (64.7%)	12,431 (50.3%)
Better	1,217 (3.8%)		956 (3.5%)	985 (4.0%)
Worse mental health by sex* [∞]				
Male	3,104 (22.0%) ^f		2,984 (25.4%) ^g	4,205 (39.0%) ^g
Female	6,154 (34.2%)		5,597 (36.7%)	7,096 (50.9%)
Worse mental health by age* [∞]				
56-64 years	3,677 (35.9%) ^f		2,943 (39.1%) ^g	3,506 (54.4%) ^g
65-74 years	4,228 (27.8%)		4,119 (31.2%)	5,613 (46.2%)
75-84 years	1,236 (20.8%)		1,356 (24.4%)	1,963 (36.1%)

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	32,115 n (%)	28,976 n (%)	27,015 n (%)	24,717 n (%)
85+ years	117 (16.0%)		163 (22.9%)	219 (32.5%)
Psychological distress (Kessler 6 Scale) (17)				
Low	16,776 (52.2%)		15,949 (59.0%)	
Moderate	2,769 (8.6%)		3,267 (12.1%)	
High	939 (2.9%)		1,010 (3.7%)	
Social isolation (De Jong Gierveld Loneliness Scale) (18)				
Not lonely	15,917 (49.6%)		14,114 (52.3%)	
Moderately lonely	13,012 (40.5%)		10,604 (39.3%)	
Intensely lonely	2,886 (9.0%)		2,297 (8.5%)	
Intense social loneliness	7,208 (22.4%)		5,375 (19.9%)	
Intense emotional loneliness	1,818 (5.7%)		1,320 (4.9%)	
Life stressors				
Significant life event in last 12 months (19)			11,430 (42.3%)	
Moderate-severe impact of drought since 2017			3,219 (11.9%)	
Experience of bushfires/flood since 2017			9,327 (34.5%)	
COVID-19 prevention				
Mask wearing*	15,507 (48.3%) ^h	12,027 (41.5%) ⁱ	18,631 (69.0%) ^j	23,853 (96.5%) ^j
Reduced personal contact with others	20,471 (63.7%)			
Ever tested for COVID-19	8,368 (26.1%)	11,706 (40.4%)	13,422 (49.7%)	15,242 (61.7%)
COVID-19 vaccination intentions				
Yes	13,274 (78.7%) ^{k,l}	25,771 (88.9%) ^m	3,001 (11.1%) ⁿ	112 (0.5%) ⁿ

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No	457 (2.7%)	889 (3.1)	457 (1.7%)	227 (0.9%)
Unsure	3,132 (18.6%)	2,316 (8.0%)	884 (3.3%)	106 (0.4%)
Already vaccinated			22,673 (83.9%)	24,272 (98.2%)
COVID-19 vaccine hesitancy by sex [∞]				
Male	1,248 (16.6%) [†]	1,090 (8.7%)	476 (4.1%)	149 (1.4%)
Female	2,341 (25.1%)	2,115 (12.9%)	865 (5.7%)	184 (1.3%)
COVID-19 vaccine hesitancy by age [∞]				
56-64 years	1,305 (25.8%) [†]	1,301 (15.2%)	519 (6.9%)	101 (1.6%)
65-74 years	1,689 (20.3%)	1,447 (10.4%)	648 (4.9%)	171 (1.4%)
75-84 years	535 (17.4%)	410 (7.2%)	152 (2.7%)	51 (0.9%)
85+ years	60 (15.4%)	47 (6.7%)	22 (3.1%)	10 (1.5%)
COVID-19 vaccine uptake				
One dose			15,927 (59.0%)	1,466 (5.9%)
Fully vaccinated			6,746 (25.0%)	22,806 (92.3%)
No vaccine, no appointment planned			3,088 (11.4%)	404 (1.6%)
No vaccine appointment booked			1,254 (4.6%)	41 (0.2%)

[†] Denotes where wording or timeframe for questions varied across the series. Percentages may not add to 100 due to rounding error or small proportion of missing responses in some questions.

[∞] Percentages within gender and age groups are for outcome of interest

^a As a result of COVID-19 have you missed or delayed any healthcare (select all that apply: I have not missed or delayed any health care services due to COVID-19; visit to a GP

visit to a specialist doctor; hospital care; emergency department care; a blood test; psychological or emotional health care; an aged care service; a vaccination; cancer screening; dental visit; getting a regular prescription medication; getting non-prescription medication; other health care I needed (specify)

^b In the last month have you missed or delayed any healthcare due to the pandemic (yes, no)

^c In the last month have you missed or delayed any healthcare

- ^d Did your health get worse because of missing the health care service? (yes, no, don't know, not applicable)
- ^e Has the missed/delayed healthcare impacted your health (yes it got a lot worse, yes it got a little worse, yes it got worse then better, don't know)
- ^f As a result of the COVID-19 outbreak I feel my emotional and psychological health has been: (a lot worse, a little worse, the same, a little better, a lot better)
- ^g As a result of the pandemic, I feel my emotional, psychological and mental health has been: (a lot worse, a little worse, the same, a little better, a lot better)
- ^h During the COVID-19 outbreak how often did you wear a face mask when you were in close personal contact with others outside your household? (never, rarely, sometimes, often, all the time)
- ⁱ During the COVID-19 outbreak, in the past week, how often did you wear a face mask when you were in close personal contact with others outside your household? (never, rarely, sometimes, often, all the time, not applicable)
- ^j In the past week, how often did you wear a face mask when you were in close personal contact with others outside your household? (never, rarely, sometimes, often, all the time, not applicable)
- ^k If a COVID vaccination becomes available, will you get one? (yes, no, unsure)
- ^l Only asked of group 2 in November-December 2020 survey (n=16,863)
- ^m Do you intend to get a COVID-19 vaccine? (yes, no, don't know)
- ⁿ Not asked of participants who reported they had received a COVID-19 vaccine.