

24 April 2020

Physical activity and well-being during the coronavirus pandemic

RE: International Alliance of Health Scientists Call for Participation in Online-Study.

The outbreak of the novel coronavirus (COVID-19) has changed a lot within a short period of time. Due to governmental measures aimed at restricting public life and reducing social contact, the access to gyms, sports clubs and/or sports/exercise facilities is no longer possible. This may have severe consequences on individuals, because exercise has many beneficial effects on one's physical and mental health and well-being.

An international network of 16 universities and institutions from 14 countries, including the Durban University of Technology, would like to investigate how the imposed restrictions are impacting the physical activity and well-being of individuals, with an overall goal of developing new training programmes specifically targeting the current situation and future practice.

A collaboration of health scientists have developed an online survey in eight different languages, approved by the DUT Research Ethics Committee, that would take approximately five-ten minutes to complete.

The following universities are involved in the “**A**ctivity and health during the **S**ars-CoV2 **P**andemic” (ASAP) study:

- Goethe University Frankfurt (Germany, project leader)
- Medical School Hamburg (Germany)
- VU Amsterdam / UMC Amsterdam (Netherlands)
- Harvard Medical School (USA)
- Karl-Franzens-Universität Graz (Austria)
- University of Queensland (Australia)
- Universidade Cidade de São Paulo (Brazil)
- Universidad de Santiago de Chile (Chile)
- University Hospital Basel (Switzerland)
- Università degli Studi di Roma "Foro Italico" (Italy)
- Université Jean Monnet (France)
- Universidad Politécnica de Madrid (Spain)
- Durban University of Technology (South Africa)
- Changi General Hospital (Singapore)
- Instituto Superior de Ciencias de la Salud (Argentina)

We would appreciate if you would, please take a few minutes of your time to complete the survey below, and disseminate as widely as possible to maximise reach:

Link to online survey: <https://goethe.link/ASAP>

For Further information:

Prof Julian D Pillay: South African investigator

Department of Basic Medical Sciences

Faculty of Health Sciences, Durban University of Technology

Tel: +27 31 373 2398

Email: pillayjd@dut.ac.za

Dr. Jan Wilke: Principle investigator

Department of Sports Medicine

Goethe University Frankfurt

Tel: +49 69 798 24588

Email: wilke@sport.uni-frankfurt.de