**Supplementary Materials**

**Link to full survey questionnaire:**

<https://osf.io/wdet2/?view_only=aa7acbd7fb1e4a0e86b8a76687aea874>

Table S1. *Recruitment sources for the survey.*

|  |  |
| --- | --- |
| **How did you hear about this survey?** | **N** |
| Through my clinician (Neuro-otologist, Vestibular Physiotherapist, etc.) | 16 (12.8%) |
| Social media platform (Twitter, Facebook, etc.) | 65 (52.8%) |
| Support network for people with vestibular symptoms (e.g. Labyrinthitis.org.uk, NE1 Dizzy) | 8 (6.4%) |
| Charity website for people with vestibular symptoms (e.g. British Tinnitus Association, Ménière’s Society) | 30 (24%) |
| Through a friend | 4 (3.2%) |
| Other | 1 (0.8%) |

Table S2. *Vestibular symptoms experienced at the start of the coronavirus outbreak (early 2020).*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Item** | **Never** | **A few times** | **Several times** | **Quite often (every week)** | **Very often (most days)** |
| **Vertigo-balance subscale** | | | | | |
| A feeling that either you, or things around you, are spinning or moving, lasting less than 20 minutes | 26 (21%) | 29 (23.4%) | 18 (14.5%) | 22 (17.7%) | 29 (23.4%) |
| Nausea (feeling sick), vomiting | 44 (35.5%) | 19 (15.3%) | 32 (25.8%) | 17 (13.7%) | 12 (9.7%) |
| A feeling that either you, or things around you, are spinning or moving, lasting more than 20 minutes | 38 (30.6%) | 26 (21%) | 19 (15.3%) | 13 (10.5%) | 28 (22.6%) |
| A feeling of being dizzy, disorientated or "swimmy", lasting all day | 30 (24.2%) | 14 (11.3%) | 19 (15.3%) | 23 (18.5%) | 38 (30.6%) |
| Unable to stand or walk properly without support, veering or staggering to one side | 37 (29.8%) | 31 (25%) | 22 (17.7%) | 13 (10.5%) | 21 (16.9%) |
| Feeling unsteady, about to lose balance, lasting more than 20 minutes | 40 (32.3%) | 26 (21%) | 17 (13.7%) | 22 (17.7%) | 19 (15.3%) |
| Feeling unsteady, about to lose balance, lasting less than 20 minutes | 27 (21.8%) | 31 (25%) | 17 (13.7%) | 24 (19.4%) | 25 (20.2%) |
| A feeling of being dizzy, disorientated or swimmy, lasting less than 20 minutes | 25 (20.2%) | 29 (23.4%) | 16 (12.9%) | 18 (14.5%) | 36 (29%) |
| **Autonomic-anxiety subscale** | | | | | |
| Hot or cold spells | 44 (35.5%) | 21 (16.9%) | 24 (19.4%) | 19 (15.3%) | 16 (12.9%) |
| Heart pounding or fluttering | 31 (25%) | 43 (34.7%) | 26 (21%) | 10 (8.1%) | 14 (11.3%) |
| Difficulty breathing, short of breath | 79 (63.7%) | 28 (22.6%) | 6 (4.8%) | 6 (4.8%) | 5 (4%) |
| Excessive sweating | 67 (54%) | 24 (19.4%) | 9 (7.3%) | 16 (12.9%) | 8 (6.5%) |
| Feeling faint, about to black out | 57 (46%) | 37 (29.8%) | 12 (9.7%) | 12 (9.7%) | 6 (4.8%) |
| Pains in the heart or chest region | 86 (69.4%) | 22 (17.7%) | 6 (4.8%) | 6 (4.8%) | 4 (3.2%) |
| Headache, or feeling of pressure in the head | 9 (7.3%) | 26 (21%) | 24 (19.4%) | 38 (30.6%) | 27 (21.8%) |
| **Covid-19 relevant** | | | | | |
| Loss of concentration or memory | 19 (15.3%) | 22 (17.7%) | 21 (16.9%) | 28 (22.6%) | 34 (27.4%) |
| Visual disturbances (e.g. blurring,  flickering, spots before the eyes) | 26 (21%) | 24 (19.4%) | 30 (24.2%) | 22 (17.7%) | 22 (17.7%) |
| Ringing/noise in your ears (tinnitus) | 20 (16.1%) | 14 (11.3%) | 14 (11.3%) | 16 (12.9%) | 60 (48.4%) |
| Hearing loss | 54 (43.5%) | 14 (11.3%) | 7 (5.6%) | 12 (9.7%) | 37 (29.8%) |

Table S3. *Changes to daily routine due to Covid-19.*

|  |  |
| --- | --- |
| **Change in daily routine** | **N (%)** |
| Not leaving my house as much as I used do | 92 (87.6%) |
| Not interacting with friends and family as much as I used do | 87 (82.9%) |
| Not getting as much exercise as I used do | 57 (54.3%) |
| Started exercising outdoors | 16 (15.2%) |
| Started using grocery/food delivery | 46 (43.8%) |
| Started having medicines delivered | 20 (19%) |
| Started connecting with family and friends more by computer, tablet, or phone | 61 (58.1%) |
| Started meeting family and friends outdoors | 28 (26.7%) |
| Started relying more on family and friends to do things for me | 18 (17.1%) |
| Tried out a new symptom management technique (e.g. mindfulness, relaxation, exercises) | 18 (17.1%) |
| Self-isolated for all or most of the time (self isolating by not leaving home for 14 days due to being in contact with someone showing Covid-19 symptoms) | 7 (6.7%) |
| Shielded for all or most of the time (shielding refers to protecting yourself or others who have a medical condition, by remaining at home and reducing the chances of being infected with Covid-19) | 31 (29.5%) |
| Other | 13 (12.4%) |

*Note.* Multi answer: Percentage of respondents who selected each answer option (e.g. 100% would represent that all this question's respondents chose that option). Branching logic was used, total number of responses *n*= 105.

Table S4. *Barriers to taking care of day-to-day activities during Covid-19.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Barrier** | **Not at all** | **Very slightly** | **Some-what** | **Quite a lot** | **Very much** |
| I am anxious or worried about being exposed to coronavirus | 5 (9.1%) | 10 (18.2%) | 11 (20%) | 13 (23.6%) | 16 (29.1%) |
| I am anxious or worried about leaving home without having someone to accompany me | 12 (21.8%) | 8 (14.5%) | 9 (16.4%) | 9 (16.4%) | 17 (30.9%) |
| I am anxious or worried about not being able to cope with symptoms in the future (being set-back) | 9 (16.4%) | 6 (10.9%) | 6 (10.9%) | 9 (16.4%) | 25 (45.5%) |
| I have been unwell | 8 (14.5%) | 11 (20%) | 13 (23.6%) | 7 (12.7%) | 16 (29.1%) |
| Person who usually assists me is anxious or worried about being exposed to coronavirus | 33 (60%) | 6 (10.9%) | 5 (9.1%) | 4 (7.3%) | 7 (12.7%) |
| Person who usually assists me is unwell | 46 (83.6%) | 4 (7.3%) | 2 (3.6%) | 2 (3.6%) | 1 (1.8%) |
| I am struggling financially | 28 (50.9%) | 9 (16.4%) | 6 (10.9%) | 7 (12.7%) | 5 (9.1%) |
| Managing other responsibilities (e.g. caring, home-schooling, household chores) | 13 (23.6%) | 7 (12.7%) | 13 (23.6%) | 13 (23.6%) | 9 (16.4%) |
| Decreased transportation availability (inc. public, ride sharing, medical/social-service) | 24 (43.6%) | 5 (9.1%) | 11 (20%) | 8 (14.5%) | 7 (12.7%) |
| Difficulty walking or moving around | 13 (23.6%) | 5 (9.1%) | 20 (36.4%) | 3 (5.5%) | 14 (25.5%) |
| Difficulty communicating with others (e.g. from a safe distance, when wearing face masks, over a video call) | 11 (20%) | 4 (7.3%) | 17 (30.9%) | 7 (12.7%) | 16 (29.1%) |
| Other | 37 (67.3%) | 2 (3.6%) | 8 (14.5%) | 3 (5.5%) | 5 (9.1%) |

*Note*. Branching logic was used, total number of responses *n*= 51.

Table S5. *Impact of the Covid-19 pandemic on work duties and work-life balance.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Much worse than before** | **Worse than before** | **No change** | **Better than before** | **Much better than before** |
| **Work duties** | | | | | |
| Handling stress or anxiety | 11 (12.6%) | 28 (32.2%) | 36 (41.4%) | 10 (11.5%) | 2 (2.3%) |
| Ability to concentrate when working | 11 (12.6%) | 30 (34.5%) | 32 (36.8%) | 8 (9.2%) | 6 (6.9%) |
| Ability to remember information | 12 (13.8%) | 25 (28.7%) | 41 (47.1%) | 8 (9.2%) | 1 (1.1%) |
| Energy levels and motivation to work | 15 (17.2%) | 28 (32.2%) | 32 (36.8%) | 10 (11.5%) | 2 (2.3%) |
| Ability to communicate with others | 11 (12.6%) | 33 (37.9%) | 31 (35.6%) | 8 (9.2%) | 4 (4.6%) |
| Sensitivity to sound (i.e. bothered by tinnitus sounds) | 14 (16.1%) | 29 (33.3%) | 33 (37.9%) | 6 (6.9%) | 5 (5.7%) |
| Managing workload and deadlines | 8 (9.2%) | 24 (27.6%) | 45 (51.7%) | 7 (8%) | 3 (3.4%) |
| Accessing an adequate workspace (e.g. a laptop, special chair, space limitations) | 10 (11.5%) | 17 (19.5%) | 45 (51.7%) | 10 (11.5%) | 5 (5.7%) |
| Support received from employer | 7 (8%) | 5 (5.7%) | 56 (64.4%) | 15 (17.2%) | 4 (4.6%) |
| **Work-life balance** | | | | | |
| Managing other responsibilities (e.g. home schooling, housework) | 14 (16.1%) | 23 (26.4%) | 33 (37.9%) | 10 (11.5%) | 7 (8%) |
| Maintaining a healthy work-life balance | 15 (17.2%) | 32 (36.8%) | 21 (24.1%) | 12 (13.8%) | 7 (8%) |
| Coping with vestibular symptoms | 16 (18.4%) | 22 (25.3%) | 29 (33.3%) | 11 (12.6%) | 9 (10.3%) |
| Handling fatigue | 18 (20.7%) | 27 (31%) | 26 (29.9%) | 11 (12.6%) | 5 (5.7%) |
| Walking or moving around | 14 (16.1%) | 25 (28.7%) | 37 (42.5%) | 8 (9.2%) | 3 (3.4%) |
| Maintaining relationships with friends and family | 9 (10.3%) | 41 (47.1%) | 27 (31%) | 9 (10.3%) | 1 (1.1%) |
| Engaging in recreational or leisure activities | 26 (29.9%) | 37 (42.5%) | 14 (16.1%) | 8 (9.2%) | 2 (2.3%) |

*Note*. Branching logic was used, total number of responses *n*= 77.

Table S6. *What support would you have liked to have received regarding your work and daily activities when the Covid-19 pandemic started in January 2020?*

|  |  |
| --- | --- |
| **Support** | N (%) |
| I do not need support | 36 (29%) |
| Support managing anxiety or low mood | 38 (30.6%) |
| Support managing loneliness or isolation | 24 (19.4%) |
| Support managing vestibular symptoms (e.g. vertigo, imbalance, hearing loss etc.) | 70 (56.5%) |
| Support managing cognitive problems (e.g. difficulty concentrating or remembering) | 30 (24.2%) |
| Support carrying out day-to-day activities (e.g. grocery shopping, going to the bank, picking up medicines) | 17 (13.7%) |
| Support with household responsibilities (e.g. home schooling, housework, gardening) | 26 (21%) |
| Support using technology to connect with others (e.g. computer, tablet, or phone) | 8 (6.5%) |
| Support finding a new job | 4 (3.2%) |
| Support to return to work after the pandemic | 13 (10.5%) |
| Financial advice | 11 (8.9%) |
| Legal advice | 5 (4%) |
| Trusted resources and information about the coronavirus | 15 (12.1%) |
| Other | 5 (4%) |

*Note*. \* Multi answer: Percentage of respondents who selected each answer option (e.g. 100% would represent that all this question's respondents chose that option).