



COVID-19 and daily routines: The experience of people with mood disorders

Many governments have instituted social distancing and social isolation measures to curb the spread of the COVID-19 virus. This has many people to experience changes in their normal and structured social routines of work, study and other lifestyle activities. We want to understand the challenges individuals diagnosed with mood disorders face, particularly with respect to their social rhythms during a time of restricted socialising and modified daily routines.

We are looking for people who:

- Have received a diagnosis of a Mood Disorder, that is:
 - Depression
 - Bipolar Disorder
- Are aged 18-65
- Are fluent in English

Participation involves:

- Completing a brief online survey (which will take 20-30 minutes)
- You will be asked some basic information about yourself, some questions about your current mood symptoms, stress, social rhythmicity and sleep as well as your experiences around evidence-based psychological therapies.

If you would like more information about the project, please contact gwmurray@swin.edu.au

If you would like to participate please visit:
https://swinuw.au1.qualtrics.com/jfe/form/SV_3OsGrLFYstMpfjH

