

# Our Life at Home Study



## IPAN Research Team

Dr Lauren Arundell, Dr Kate Parker, Professor Jo Salmon, Professor Anna Timperio, Dr Shannon Sahlqvist, Dr Helen Brown, Associate Professor Nicky Ridgers, Dr Riaz Uddin, Dr Jenny Veitch.



## Background

The State and Federal Governments' response to managing the COVID-19 pandemic has created unprecedented and widespread social isolation among Australians, which is likely to continue for many months.

Physical activity and sedentary behaviour (e.g. screen time) are key movement behaviours that can promote and inhibit health and wellbeing. The ability of Australians to perform movement behaviours has greatly changed. While some will adapt and find alternative ways to maintain optimum movement behaviours, screen use and health, others will not potentially revealing at risk population groups.

These changes in behaviour may be influenced by a variety of factors (e.g., home environment, short-medium term unemployment, stress and anxiety, government response and support measures, work and school requirements, social connections etc.). Further, they may signify a lasting change in the way physical activity, sport and screen time is viewed, valued and performed, which may have longer-term implications for the health, education, sporting and recreation sectors.

Researchers from the Institute for Physical Activity and Nutrition (IPAN), Deakin University, are undertaking a two-year natural experiment to understand how these changes in way of life influence movement behaviours, health and wellbeing.

## Study aims

This study aims to examine changes in activity-related behaviours, health and wellbeing, and identify the factors that may influence these at the beginning, during and after the COVID-19 pandemic. Focus areas include:



## Our Life at Home Study Indicative Timeline



## Participants

The survey will be open to all Australians aged 13-75 years. Adults with a child aged 5-17 years will also be asked to report on their child's movement behaviours, screen time, health and wellbeing and influencing factors.

Participants will be recruited via social media advertising (e.g. Facebook, Instagram and Twitter), IPAN networks, partner networks, media, and snowballing techniques.

## Data collection

Purpose-designed online surveys have been developed for the Our Life at Home Study. There will be age-appropriate surveys for adolescents (aged 13-17 years) and adults (aged 18-75 years).

The surveys will be repeated up to 5 occasions over two years. They will be delivered with a tapered frequency, for example, every 1-3 months during the pandemic and then 6-12 months following resumption of normal activities. This will enable IPAN to capture changes at the beginning, during and after the pandemic and at key changes in the Government's response (e.g. level of restrictions, online schooling).

## Partners and Supporters

IPAN has received input on the survey and study design from key stakeholder organisations including:

- National Heart Foundation of Australia
- Sport and Recreation Victoria (SRV)
- Sport Australia
- VicSport
- Victorian Government Department of Education (DET)
- Victorian Government Department of Health and Human Services (DHHS)
- Victorian Health Promotion Foundation (VicHealth)

**If you are interested in supporting the Our Life at Home study, or would like further information, please contact:**

Dr Lauren Arundell  
Postdoctoral Research Fellow  
[lauren.arundell@deakin.edu.au](mailto:lauren.arundell@deakin.edu.au)  
Institute for Physical Activity and Nutrition (IPAN), Deakin University

Dr Kate Parker  
Lecturer, Physical Activity and Health  
[k.parker@deakin.edu.au](mailto:k.parker@deakin.edu.au)  
Institute for Physical Activity and Nutrition (IPAN), Deakin University

[deakin.edu.au/ipan](https://deakin.edu.au/ipan)

Deakin University CRICOS Provider Code: 00113B

