



# IMPACT OF COVID-19 PANDEMIC ON CHANGE IN PHYSICAL ACTIVITY, MENTAL HEALTH & BASIC PSYCHOLOGICAL NEEDS IN PEOPLE WITH A PHYSICAL DISABILITY

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298



62%



AGE 49 +/- 16 years



37%



Were less physically active compared to the same time of the year in 2019



Were lacking physical activity opportunities



Were afraid to go outside to be physically active



Had more time to be physically active



Found new ways to be physically active

## PSYCHOLOGICAL NEEDS - DEFINITIONS

### COMPETENCE

Experiencing control and mastery

### AUTONOMY

Sense of choice and endorsement

## RELATIONSHIP BETWEEN VARIABLES

MENTAL HEALTH



CHANGE IN PHYSICAL ACTIVITY



CHANGE IN COMPETENCE



CHANGE IN AUTONOMY



## RECOMMENDATIONS

Nurture competence and autonomy when

- Informing about existing physical activity offers
- Creating new (adapted) physical activity offers
- Increasing use of digital solutions