



Long COVID and ME/CFS current awareness bulletin

February 2026

The aim of this current awareness bulletin is to provide a digest of recent guidelines, reports, research and best practice on Long COVID

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Guidelines, Policies and Reports

Government support for people with myalgic encephalomyelitis
House of Commons Library, November 2025

Available at: [House of Commons Library](#)

Research briefing produced by the House of Commons library including information on the government's delivery plan on ME/CFS.

Published Research

Acute and chronic fatigue after COVID-19: The impact of depression and somatic distress

Journal of Psychosomatic Research, January 2026

Available at: [Science Direct](#)

This exploratory study investigated the prevalence of acute and chronic fatigue after COVID-19 and examined biopsychosocial correlations. Depressiveness and somatic distress are strongly linked to post-COVID fatigue, particularly its chronic form. These findings underscore the importance of a biopsychosocial framework and the need for interdisciplinary treatment approaches in post-COVID care.

A Short-Term Pacing Intervention in People with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: A Pilot Study in Portugal
Medicina, February 2026

Available at: [MDPI](#)

ME/CFS remains a disease without a curative treatment. Hence, patient healthcare is mostly based on symptom management and the application of coping strategies, such as pacing. In this strategy, patients learn how to plan their daily physical and cognitive activities according to their perceived energy reservoir. In a post-intervention survey, the respondents (n=10) considered that the intervention addressed the specific needs of people living with ME/CFS.

Evaluating working memory functioning in individuals with myalgic encephalomyelitis/chronic fatigue syndrome: a systematic review and meta-analysis

Psychology, Health and Medicine, January 2026

Available at: Email ulth.library.lincoln@nhs.net to request



This systematic review/meta-analysis aimed to synthesise current research to investigate how ME/CFS impacts working memory systems. These findings contribute to the body of ME/CFS research by articulating where specific working memory deficits lie. Specifically, they show that individuals with ME/CFS have impaired verbal memory performance.

Myalgic encephalomyelitis/chronic fatigue syndrome and fibromyalgia - overlap, differences, and emerging insights

Journal of Translational Medicine, February 2026

Available at: Email ulth.library.lincoln@nhs.net to request

Myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) and fibromyalgia (FM) are debilitating chronic illnesses with considerable symptom overlap. Many patients are outside formal healthcare systems. Therefore, digital tools such as symptom-tracking apps, biosensors, remote testing, and assistive technologies are becoming central to disease management and monitoring. These approaches support a transdiagnostic, patient-centred model capable of addressing both conditions and reaching populations that remain underserved.

Recurrent COVID-19 infection and the risk of exacerbation, mortality and long covid in patients with chronic obstructive pulmonary disease: a nationwide retrospective cohort study

BMJ Open, February 2026

Available at: [BMJ](#)

Recurrent COVID-19 infections in patients with COPD were linked to progressively higher risk of exacerbations and mortality, whereas the burden of long covid was greatest after the first infection. Preventing the initial infection and reducing reinfection risk remain critical components of COPD care in the post-COVID-19 era.

Shared autonomic phenotype of long COVID and myalgic encephalomyelitis/chronic fatigue syndrome

PLoS One, January 2026

Available at: [PLoS One](#)

Long COVID and myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) are relatively common and disabling multisystem disorders that share overlapping features, including post-infectious onset and similar clinical manifestations. Both Long COVID and ME/CFS demonstrate dysregulation in cerebrovascular blood flow, autonomic reflexes, and small fiber neuropathy, suggesting that these conditions may share a common underlying pathophysiology.

Sleep disturbance affects inflammatory resolution in Long COVID

Prostaglandins, Leukotrienes, and Essential Fatty Acids, February 2026

Available at: Email ulth.library.lincoln@nhs.net to request

This study suggests that sleep disturbance may contribute to chronic inflammation in Long COVID by compromising certain inflammatory resolution pathways. Promoting inflammatory resolution physiology in particular in those individuals with Long COVID suffering from sleep disturbance may serve as a mechanistic target to mitigate inflammation and symptom burden in Long COVID.

Systematic Review of Dyspnea and Chronic Fatigue in Patients With Long COVID: Clinical Characteristics and Associated Laboratory Parameters

Pulmonary Medicine, February 2026

Available at: [Wiley](#)



This study was aimed at identifying and synthesizing the evidence on the main clinical and laboratory characteristics related to dyspnea and fatigue in patients during long COVID. The findings underscore the significant impact of long COVID on patients' quality of life, with persistent symptoms such as fatigue and dyspnea affecting a considerable proportion of individuals.

Use and Perceived Helpfulness of Different Intervention Strategies in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Depression

Journal of Clinical Medicine, January 2026

Available at: [MDPI](#)

Patients with myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) or depression both frequently report debilitating exhaustion, yet the two conditions differ in their etiological and diagnostic clarity, and clinical management. This study aimed to examine differences in the use and perceived helpfulness of a broad range of conventional treatments and complementary interventions, including nutritional approaches, between patients with ME/CFS and depression.

Blogs

Altered brain connection found in people with ME/CFS and Long COVID

Griffith University, January 2026

Available at: [Griffith University](#)

People with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) and Long COVID experience a disruption to their brain connectivity during a mentally demanding task. [The research](#) supported what many people with ME/CFS and Long COVID experience which was that cognitive effort was not just tiring but could have real neurological impacts, and adequate rest was not optional but essential.

Long Covid is still here. I know – my life came to a stop because of it

The Guardian, February 2026

Available at: [The Guardian](#)

With more than 200 possible symptoms, long Covid isn't easy to treat and diagnose. Rolled-back federal funding has led longhaulers to ask: is this all in my head?

'ME and Long Covid have brought my children's lives to a standstill'

BBC News, February 2026

Available at: [BBC News](#)

Harbinder's children were "on track to have a bright future". Now all three have been diagnosed with myalgic encephalomyelitis (ME), also known as chronic fatigue syndrome (CFS). Her son Talvin was also diagnosed with Long Covid after three bouts of Covid-19 at the age of eight. But Harbinder says she is "hopeful" about a new £1.1m study that will analyse the links between Long Covid and ME. The Rosetta Stone study hopes to look for biomarkers and "decode the immunological profile" of both conditions.

My maddening battle with chronic fatigue syndrome: 'On my worst days, it feels almost demonic'

The Guardian, February 2026

Available at: [The Guardian](#)

I suffered with my mystery illness for decades before gaining a diagnosis. Could retraining my brain be the answer? I've gone half-mad wondering what's within my control and what's not, whether it's delusional to believe I can get fully better, or defeatist to think I can't.