



# Long COVID current awareness bulletin

## June 2025

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

If you would like to request any of the articles included in this bulletin, or be put onto the distribution list, please contact: [ulth.library.lincoln@nhs.net](mailto:ulth.library.lincoln@nhs.net)

For more information on Library and Knowledge Services please go to:  
[www.nhslincslibrary.uk](http://www.nhslincslibrary.uk)

### Published Research

#### **Association of SARS-CoV-2 With Health-related Quality of Life 1 Year After Illness Using Latent Transition Analysis**

**Open Forum Infectious Diseases, June 2025**

**Available at:** [Oxford Academic](https://academic.oup.com/ofid)

In adults with COVID-19-like illness, COVID+ participants demonstrated meaningful recovery in their physical health related quality of life (HRQoL) by 3 months after infection, but mental HRQoL took longer to improve. Suboptimal HRQoL at 3 to 12 months after infection remained in approximately 20%. The study found that mental health recovery from long COVID takes three times longer than physical healing.

#### **Characterizing Long COVID Symptoms During Early Childhood**

**JAMA Pediatrics, May 2025**

**Available at:** email [ulth.library.lincoln@nhs.net](mailto:ulth.library.lincoln@nhs.net) to request article

Recent studies have identified characteristic symptom patterns of long COVID (LC) in adults and children older than 5 years. However, LC remains poorly characterized in early childhood. This cohort study identified symptom patterns and derived research indices that were distinct between the 2 age groups and differed from those previously identified in older ages, demonstrating the need to characterize LC separately across age ranges.

#### **Hybrid Pulmonary Rehabilitation Improves Cardiorespiratory Exercise Fitness in Formerly Hospitalised Long COVID Patients**

**Journal of Clinical Medicine, June 2025**

**Available at:** [MDPI](https://www.mdpi.com)

Implementing a hybrid PR programme—comprising 8 outpatient sessions followed by 24 home-based sessions—proved beneficial for long COVID patients, leading to significant cardiorespiratory adaptations, enhanced peripheral muscle strength, improved functional capacity and a better quality of life.

#### **Improvement of Fatigue and Body Composition in Women with Long COVID After Non-Aerobic Therapeutic Exercise Program**

**Journal of Personalized Medicine, May 2025**

**Available at:** [MDPI](https://www.mdpi.com)



Fatigue is one of the most recurrent and most disabling symptoms of long COVID (LC) and is associated with a worse quality of life. Reducing body fat in these patients could be important to mitigate fatigue and post-exertional worsening. The plank-based personalized strengthening exercise program showed rapid improvements in fatigue and fat percentages. It could be an effective strategy to achieve improvements for LC patients.

**Long-COVID-19 and Cognition: Persistent attention deficits after hospital discharge**  
**Journal of Psychiatric Research, June 2025**

**Available at:** email [ulth.library.lincoln@nhs.net](mailto:ulth.library.lincoln@nhs.net) to request article

We assessed attentional changes in COVID-19 hospitalized patients on the day of hospital discharge and again after a 3-month follow-up period. We concluded that COVID-19 patients showed improvements in attentional performance three months post-discharge. However, their performance remained below that of the control group.

**Multidimensional Characterization of Long COVID Fatigue**  
**Behavioral Sleep Medicine, June 2025**

**Available at:** email [ulth.library.lincoln@nhs.net](mailto:ulth.library.lincoln@nhs.net) to request

We performed a multidimensional analysis of mood, cognition, sleep and circadian rhythms in patients with post-acute sequelae of SARS-CoV-2 infection (PASC) with the objective of characterizing the phenotype of PASC fatigue.

**MyGuide long COVID: An online self-management tool for people with long COVID**  
**Internet Interventions, June 2025**

**Available at:** [Science Direct](#)

Long COVID is a relatively new condition for which patients are asked to employ self-management strategies to manage their symptoms. However, it can be challenging for individuals with long COVID to find reliable and actionable self-management resources. The objective of this project was to develop an online tool for individuals with long COVID that is patient-centered, accessible, and customizable to meet individual needs.

**Predictors of Anxiety, Depression, and Stress in Long COVID: Systematic Review of Prevalence**

**International journal of environmental research and public health, May 2025**

**Available at:** email [ulth.library.lincoln@nhs.net](mailto:ulth.library.lincoln@nhs.net) to request article

Anxiety, depression, and stress are prevalent psychosocial manifestations in Long COVID, and understanding their global impact can guide safe, effective, and evidence-based interventions. This study reviewed the literature to analyze the prevalence indicators and predictors of anxiety, depression, or stress experienced by adults and older adults with Long COVID.

**Pulmonary Symptoms After Mild COVID-19: A Retrospective Observational Study**  
**Cureus, May 2025**

**Available at:** [NLM](#)

The purpose of this study was to review diagnostic testing sessions from patients referred to the pulmonary function lab for a diagnosis or symptoms of long COVID following a mild acute phase. Weak correlations were identified between the reported symptoms of dyspnea and the severity of airway impairment, gas exchange, and 6MWT. There was a strong positive correlation between dyspnea and fatigue.

**Symptoms and Otorhinolaryngological Sequelae in Long Covid**  
**International Archives of Otorhinolaryngology, June 2025**



**Available at:** [NCBI](#)

Otorhinolaryngological symptoms were common in patients hospitalized for Covid-19, especially dyspnea, cough, nasal obstruction, smell, and taste dysfunction. Although there was a favorable long-term evolution, 40% of patients maintained permanent symptoms, such as smell and taste dysfunction and dizziness.

**The impact of long COVID on physical and cardiorespiratory parameters: A systematic review**

**PLoS One, June 2025**

**Available at:** [PLoS One](#)

Despite preserved resting lung function, these findings highlight significant physical deconditioning in Long COVID adults, with substantial reduction in exercise capacity. Routine assessments should include more sensitive measures, such as the 6MWT and  $\text{VO}_2\text{peak}$ , to detect subtle exercise limitations, even in patients with normal resting  $\text{SpO}_2$ , to better inform rehabilitation interventions.

**What Are the Barriers and Supports to a Return to Health From Long COVID? A Qualitative Study Designed, Developed, and Conducted by Individuals With Lived Experience of Long COVID**

**Qualitative Health Research, June 2025**

**Available at:** [Sage](#)

Patient experience, knowledge, and collaboration were foundational to the recognition and conceptualization of long COVID. This study demonstrates successful peer-to-peer patient engagement research approaches and considerations for engaging those living with long COVID in the research that impacts them. This study also highlights patient-identified gaps in care and coordination of resources and highlights evidence that can inform more person-centered healthcare policy and practice going forward.

**Blogs**

**Hidden challenges of long COVID for the workplace**

**News Medical, June 2025**

**Available at:** [News Medical](#)

The study reveals that individuals with long COVID experience significantly higher absenteeism in the workplace within a calendar year compared to those without the condition. These findings highlight the significant negative impact of long COVID on workplace productivity and the overall economic system.

**Long COVID Is Fueling a Mental Health Crisis in Children**

**Neuroscience News, May 2025**

**Available at:** [Neuroscience News](#)

A new study reveals that nearly 40% of children with long COVID are experiencing significant symptoms of anxiety or depression, many for the first time. Using validated screening tools, researchers found that 1 in 4 children had new anxiety symptoms and 1 in 7 had new depressive symptoms, despite no prior mental health history.

**Systemic and oral implications of long COVID**

**RDH, June 2025**

**Available at:** [RDH](#)

While the medical/dental community is aware of COVID-19 symptoms and treatment, much less is known about long COVID. Here is some guidance about the signs, symptoms, and treatment of the systemic and oral manifestations of long COVID.