



Long COVID current awareness bulletin

September 2025

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

Long covid, long consequences: financial, employment and social security impacts in Scotland

The Poverty Alliance and Robert Gordon University, September 2025

Available at: [The Poverty Alliance](#)

Prevalence of Long COVID in the most deprived fifth of the UK population is more than twice as high as in the least deprived fifth. Due to a lack of knowledge about the wider financial impacts of living with Long COVID and experiences of support, the current study aimed to provide an initial exploration of these issues and recommendations for policy and practice.

Published Research

A tablet-based intervention study to alleviate cognitive and psychological symptoms in patients with post-Covid-19 condition

Frontiers in Psychology, August 2025

Available at: [Frontiers](#)

Cognitive impairment and psychological complaints are among the most common consequences for patients suffering from Post-Covid-19 condition. As there are limited training options available, this study examined a longitudinal tablet-based training program addressing cognitive and psychological symptoms.

Development and clinimetric validation of the Brief Brain Fog Scale (BBFS) for post-COVID cognitive symptoms

Journal of Psychosomatic Research, September 2025

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

The aim of this study was to develop and clinimetrically validate the Brief Brain Fog Scale (BBFS), a concise self-report tool for assessing post-COVID-19 cognitive symptoms, and to evaluate its structural validity, reliability and precision. The BBFS is a reliable, unidimensional instrument for post-COVID brain fog, with robust measurement properties supported by Rasch and Mokken analyses.

Favorable responses to upadacitinib, a JAK1 inhibitor, in long COVID patients with predominant neuropsychiatric symptoms: case reports in 2 autistic patients and one typically developing patient

BMC Neurology, August 2025



Available at: [BMC](#)

In this study, we present the beneficial effects of upadacitinib, a JAK1 inhibitor, on 3 patients, 2 with ASD and one without ASD. In these patients, long COVID was thought to have triggered or aggravated encephalopathy-like symptoms. The beneficial effects of upadacitinib were not only noted by an improvement of their behavioral symptoms but also shown by an improvement of monocyte cytokine profiles (less activated state).

Global Prevalence of Long COVID, Its Subtypes, and Risk Factors: An Updated Systematic Review and Meta-analysis
Open Forum Infectious Diseases, September 2025

Available at: [Oxford Academic](#)

This mega-systematic review evaluated the global prevalence of long COVID and its subtypes and symptoms, and assessed the effects of risk factors for long COVID. This study emphasises the substantial and lasting impact of long COVID on public health policy.

Intersectionality and Long Covid: Understanding the Lived Experiences of Ethnic Minority Groups in the United Kingdom
Health Expectations, September 2025

Available at: [Wiley](#)

The severity and unpredictable nature of long Covid symptoms can affect every aspect of an individual's life. Under-represented groups such as ethnic minorities and lower socio-economic groups are disproportionately affected by long Covid and often face challenges in accessing healthcare and additional support.

Long COVID and the kidney
Nature Reviews Nephrology, September 2025

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COVID-19 can cause acute kidney injury, and several studies have reported an increased risk of chronic kidney disease (CKD) following COVID-19, suggesting that CKD can be a manifestation of long COVID. Furthermore, patients with CKD are at an increased risk of severe COVID-19 and of long COVID.

Long COVID: Current landscape of neurocognitive sequelae and opportunities to improve care management

Brain, Behavior, and Immunity, September 2025

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

Long COVID patients report receiving care from clinicians that either do not believe in Long COVID or refer them to multiple subspecialists without answers or effective treatments. Equipping providers with efficient screening tools may facilitate diagnosis and promote best practice management of Long COVID.

Long COVID in People With Multiple Sclerosis and Related Disorders: A Multicenter Cross-Sectional Study

Annals of clinical and translational neurology, September 2025

Available at: [Wiley](#)

Managing long COVID in people with multiple sclerosis and related disorders (pwMSRD) is complex due to overlapping symptoms. To address evidence gaps, we evaluated long COVID susceptibility in pwMSRD versus controls and its associations with multi-domain function and disability.



Prevalence, Severity, Concomitant Factors, and Natural Trajectory of Insomnia in Patients with Long COVID

Journal of Clinical Medicine, August 2025

Available at: [MDPI](#)

Findings suggest that a large majority of Long COVID patients experience insomnia symptoms. Additionally, insomnia symptoms did not dissipate over time in a clinically meaningful way and were highly correlated with reduced global cognitive function, reduced cognitive flexibility, and higher levels of reported mood symptoms, fatigue, somatic symptoms, and experience of cognitive failures. Thus, there is a pressing need for intervention strategies to treat insomnia in Long COVID patients.

The potential bidirectional relationship between long COVID and menstruation

Nature Communications, September 2025

Available at: [Nature](#)

Women have reported menstrual changes following SARS-CoV-2 infection and variation in long COVID symptoms across the menstrual cycle. We examined (i) whether COVID is linked to abnormal uterine bleeding, (ii) if long COVID symptoms vary with the menstrual cycle, and (iii) potential underlying mechanisms.

'You're alive, but are you living?' Exploring long COVID (LC)'s impact on social and leisure well-being for individuals and caregivers

Psychology & Health, September 2025

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Gathering insights from people living with LC and their caregivers is crucial for understanding its impact on well-being and identifying targeted rehabilitation practices across the LC care pathway. The findings support a need for more social- and leisure-targeted interventions for LC rehabilitation to help to optimize efforts for coping with the psychosocial impacts of living with, or caring for someone with, LC.

Blogs

Long Covid has more than 200 potential symptoms. Selective gullibility is one of mine

The Guardian, September 2025

Available at: [The Guardian](#)

When things are grim, the promises made by the wellness industry sound very appealing. I worry about how vulnerable this has made me. Three years into a debilitating chronic illness, I am willing to try anything to get well. Even things that would have once made me roll my eyes.

Long COVID Hitting Doctors and Nurses Hard

Medscape, September 2025

Available at: [Medscape](#)

Jeffrey Siegelman, MD, contracted COVID-19 in August 2020 and, 3 months later, published a paper online in JAMA about his experiences. Today, he's still dealing with the symptoms, as one of many healthcare providers who have long COVID. He said his experience highlights the impact of long COVID on doctors, nurses, and other healthcare workers, who have been on the frontlines fighting the pandemic from the beginning.