Long COVID current awareness bulletin

November 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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Published Research

Circulating Microclots Are Structurally Associated With Neutrophil Extracellular Traps and Their Amounts Are Elevated in Long COVID Patients
Journal of Medical Virology, October 2025
Available at: Wiley
Microclots frequently appear in chronic inflammatory states and are more resistant to fibrinolysis, showing resistance even to powerful proteolytic enzymes such as trypsin. This study shows a robust association between biomarkers indicative of thromboinflammatory activity and LC.

Depression as a moderator and mediator of functional status in patients with Long COVID: a cross-sectional and longitudinal observational study from the PERCEIVE cohort in Australia
BMJ Open, November 2025
Available at: BMJ
In patients with post-acute sequelae of COVID-19 (PASC), depression has been associated with symptom severity, the duration since infection and ongoing functional impairment. However, the interconnections between these factors remain inadequately understood. This study aimed to explore the roles of depressive symptoms in moderating and mediating the relationships between post-COVID-19 conditions and functional capacity.

Experiences of living with long COVID during childhood and adolescence: a qualitative study from the child's perspective
BMC Pediatrics, October 2025
Available at: BMC
The aim of this study was to explore how life is experienced and how it changed whilst living with long COVID during childhood. The findings are presented through three themes: Losing my foothold, Fatigue decides my path, and My way forward, illustrating a temporal and emotional journey, reflecting how children make sense of their experiences, adapt to the persistent impact of long COVID, and gradually move toward acceptance.

Factors associated with persistence or recovery from long COVID 6 months post-SARS-CoV-2 infection
Epidemiology and Infection, September 2025

Available at: Cambridge University Press
There are limited data on the illness trajectory for individuals with long COVID. We prospectively followed 1,234 individuals with long COVID at 3 months post-SARS-CoV-2 infection to identify factors associated with persistence or recovery. Our findings suggest that there may be distinct clinical trajectories for long COVID observed between 3- and 6-month follow-up.

Fatigue in children and young people up to 24 months after infection with SARS-CoV-2
Scientific Reports, November 2025
Available at: Nature
Persistent fatigue is common following acute SARS-CoV-2 infection. Little is known about post-infection fatigue trajectories in children and young people (CYP). This paper reports on a longitudinal analysis of the Children and Young People with Long COVID study.

Improved functional exercise capacity after primary care pulmonary rehabilitation in patients with long COVID (PuRe-COVID): a pragmatic randomised controlled trial
BMJ Open Respiratory Research, November 2025
Available at: BMJ
Pulmonary rehabilitation (PR) improves physical status and symptoms in patients with long COVID, but access to specialised hospital-based centres is challenging. This trial studied the effect of primary care PR on functional exercise capacity and symptoms in patients with long COVID.

Long COVID trajectories in the prospectively followed RECOVER-Adult US cohort
Nature Communications, November 2025
Available at: Nature
Longitudinal trajectories of Long COVID remain ill-defined, yet are critically needed to advance clinical trials, patient care, and public health initiatives for millions of individuals with this condition. Eight longitudinal profiles were identified. Identification of these Long COVID symptom trajectories is critically important for targeting enrollment for future studies of pathophysiologic mechanisms, preventive strategies, clinical trials and treatments.

Longitudinal assessment of pulmonary perfusion and ventilation defects in long COVID: A one-year study using phase-resolved functional lung (PREFUL) MRI
Computers in biology and medicine, November 2025
Available at: Science Direct
The long-term trajectories of pulmonary perfusion and ventilation after recovery from SARS-CoV-2 infection are lacking. This study aims to longitudinally assess changes in perfusion (QDP) and ventilation (VDP) defects using phase-resolved functional lung (PREFUL) MRI in post-SARS-CoV-2 infection.

Long-term follow-up of children after COVID-19 infection and monitoring pulmonary functions
Pediatrics International, October 2025
Available at: Email ulth.library.lincoln@nhs.net to request article
Many children still experience post-COVID respiratory conditions and require evaluation and follow-up. This study suggested that COVID-19 may have affected pulmonary function in children independently of respiratory symptoms and that this effect may be more severe in children with persistent respiratory complaints.

Putting the PASC Score to the Test: Clinical vs. Statistical Accuracy in Long COVID Diagnosis
Journal of general internal medicine, November 2025
Available at: Springer
The National Institutes of Health's Researching COVID to Enhance Recovery (RECOVER) Initiative developed a symptom-based case definition that could be used to identify cases of Post-Acute Sequelae of SARS-CoV-2 infection (PASC). This study aimed to validate the RECOVER PASC score in a cohort of patients who develop long COVID or fully recover while iteratively improving the tool's sensitivity and specificity.

Resistance Exercise Therapy After COVID-19 Infection: A Randomized Clinical Trial
JAMA Network Open, November 2025
Available at: JAMA
In this randomized clinical trial, a 3-month program of resistance exercise among adults after COVID-19 infection appeared to improve walking distance, health-related quality of life, anxiety, depression, and grip strength. This study suggests that resistance exercise in a community and posthospitalized post–COVID-19 population improved physical function and psychological well-being.

Blogs

Patients With Long COVID Find Relief With Alternative Therapies
Medscape, November 2025
Available at: Medscape
As a result of the lack of standard treatments, many patients with long COVID — more than 4 in 10, according to one study — are turning to alternative medicine approaches that some find effective in treating their symptoms. Here's a closer look at what studies show may be worth trying.

Weight-Loss Drug Zepbound Is Being Tested as a Treatment for Long Covid
Wired, November 2025
Available at: Wired
GLP-1s are being studied for a wide range of conditions. Now, scientists will test whether their anti-inflammatory properties can help alleviate symptoms of long Covid.

Miscellaneous

Progress on the pathway to long COVID treatments
Nature Immunology, November 2025
Available at: Nature
Meeting report from the second annual RECOVER-TLC (Researching COVID to Enhance Recovery–Treating Long COVID) workshop. The workshop, entitled 'Pathways to treatments', marked one year since the launch of the NIAID clinical trials initiative and represented a unique opportunity to highlight and share the significant steps forward that the TLC initiative has made.