



Long COVID and ME/CFS current awareness bulletin

July 2026

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

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Published Research

Association between light exposure patterns and multidimensional health outcomes in individuals with myalgic encephalomyelitis/chronic fatigue syndrome: findings from an observational cross-sectional cohort study

Journal of Translational Medicine, July 2026

Available at: [Springer](#)

Light exposure patterns show distinct associations with symptom variability in ME/CFS compared to healthy controls. More stable daytime light appears to relate to better symptom profiles, whereas irregular exposure and nocturnal light are linked to poorer health outcomes. Although causality cannot be inferred, these findings highlight light exposure as a potentially modifiable, non-invasive target for behavioral interventions aimed at improving the quality of life in ME/CFS.

Association of rapamycin treatment with the modulation of purine metabolism, reduced microglial inflammatory responses, improved mitochondrial energy metabolism, and alleviation of fatigue symptoms in ME/CFS subjects: pilot findings from phase-II observational study

Journal of Translational Medicine, July 2026

Available at: [Springer](#)

In our ongoing phase II observational pilot trial, the compounded formulation of low-dose rapamycin significantly reduced fatigue-related clinical symptoms in ME/CFS subjects. Although the underlying molecular mechanism remains unclear, exploring metabolic pathways involving circulating blood-borne factors is warranted.

Australian registry reports poor health and wellbeing in people living with ME/CFS

Journal of Translational Medicine, July 2026

Available at: [Springer](#)

This large-scale national investigation highlights the significant symptom burden and reduced HRQoL in people with ME/CFS. These findings emphasise the need for tailored clinical approaches and further research into symptom clustering for the purpose of identifying clinical subtypes.

Clinical and Inflammatory Predictors of Neurocognitive Decline in Long COVID: A Two-Year Longitudinal Study with Propensity Score Matching



Medicina (Kaunas), June 2026

Available at: [MDPI](#)

This study aimed to identify clinical and laboratory risk factors-including inflammatory markers and micronutrients-for the occurrence or worsening of neurocognitive disorders in long COVID patients. The study found COVID-19 severity, autoimmune comorbidities, NLR, and serum vitamin D represent key risk factors for neurocognitive decline in long COVID, highlighting potential targets for early intervention.

Cognitive Rehabilitation and Functional Outcomes in Long COVID–Related Cognitive Impairment: A Randomized Clinical Trial

JAMA Network Open, July 2026

Available at: [JAMA](#)

In this randomized clinical trial of 78 adults with prior COVID-19 infection and objective cognitive impairment, cognitive rehabilitation resulted in significantly greater functional goal attainment scores compared with treatment as usual at 3 months after randomization, and this significant difference remained at 6 months.

Community-delivered hyperbaric oxygen therapy for people affected by long COVID: a pilot study

British Journal of Nursing, June 2026

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

Although there are currently no effective treatment options, emerging research indicates that hyperbaric oxygen therapy (HBOT) may help improve many major long COVID symptoms, in the short term. This mixed-methods pilot study aimed to explore the impact of HBOT, delivered in a community setting, on key long COVID symptoms.

Components and Delivery Formats of Cognitive Behavioral Therapy for Chronic Fatigue Syndrome/Myalgic Encephalomyelitis: A Systematic Review and Component Network Meta-Analysis

Brain and Behavior, June 2026

Available at: [Wiley](#)

This study explored the effective delivery formats and treatment components of CBT for CFS/ME, aiming to identify the most beneficial combination of components. The effective CBT combination probably involves goal setting, third-wave components, and cognitive restructuring delivered via guided self-help, while psychoeducation may be detrimental.

Dietary Macronutrient Intake and Vascular Health in Patients with Long COVID: The BioICOPER Study

Nutrients, June 2026

Available at: [MDPI](#)

Long COVID (LC) has been associated with persistent endothelial dysfunction and vascular impairment. Although nutrition is a key modifiable determinant of cardiovascular health, the relationship between dietary macronutrient intake and vascular alterations in LC remains poorly understood. These findings suggest that both absolute macronutrient intake and relative macronutrient distribution may be related to central arterial stiffness and wave reflection parameters LC.

Efficacy and safety of rivaroxaban, colchicine, and famotidine–loratadine with specialist supportive clinical care for fatigue in patients with post-COVID-19 condition in the UK: a multisite, open-label, randomised controlled trial

The Lancet Infectious Diseases, July 2026



Available at: [The Lancet](#)

Long COVID affects 1–5% of adults globally, most commonly with fatigue, and no evidence-based therapies are available. We aimed to evaluate the efficacy of repurposed medications in fatigue management in adults with long COVID. In participants with long COVID, severe fatigue reduced in all study groups—including the no drug group—over 12 weeks, with small additional reductions in the colchicine and famotidine–loratadine groups compared with the no drug group.

Gastrointestinal symptoms correlate with core clinical features and systemic inflammation in myalgic encephalomyelitis/chronic fatigue syndrome
Journal of Translational Medicine, June 2026

Available at: [Springer](#)

ME/CFS patients reported significantly elevated GI symptom frequency and severity compared with controls, with 53% of ME/CFS patients versus 8% of controls reporting a prior diagnosis of irritable bowel syndrome. GI symptom burden correlated with fatigue, cognitive difficulties, flu-like symptoms, pain, sleep disturbances, neurological complaints, and sensory sensitivities, independent of illness duration.

Redefining pandemic resilience: a roadmap for post-infectious syndrome preparedness and health system transformation
Frontiers in Health Services, June 2026

Available at: [Frontiers](#)

Post-infectious syndromes like Long COVID and ME/CFS lead to disability and economic losses globally. These involve complex multisystem issues such as immune disturbances, inflammation, autonomic dysregulation, vascular problems, altered metabolism, and tissue damage. Re-infections increase the risk of disability and complications. Healthcare delays diagnosis and neglects long-term effects. We propose a three-part healthcare approach.

Symptom variation up to two years post-SARS-CoV-2 infection in Children and Young People: results from the Children and young people with Long Covid (CLOcK) study

BMC Infectious Diseases, July 2026

Available at: [Springer](#)

Post Covid-19 Condition (PCC) can fluctuate over time, yet no in-depth investigation of the PCC trajectories that can exist in children and young people (CYP) has been undertaken. We aim to examine associations between PCC trajectories in CYP over 2-years following infection and (i) factors prior to the COVID-19 pandemic/infection including socio-demographic variables, health and educational needs status and (ii) factors subsequent to infection including the nature, number, functional impact and severity of symptoms, as well as mental health and wellbeing.

Blogs

Long COVID patients are told symptoms are in their head – here's how to change the narrative

The Conversation, July 2026

Available at: [The Conversation](#)

When the body feels as if it is screaming for help, normal test results can feel less like reassurance and more like abandonment. The more medicine struggles to explain symptoms, the more patients may fear being disbelieved.