



Long COVID and ME/CFS current awareness bulletin

May 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

An online singing-based breathing and wellbeing programme (ENO Breathe) in people with long COVID breathlessness in the UK: a cohort study

The Lancet Digital Health, May 2026

Available at: [The Lancet](#)

Long COVID breathlessness is a common, complex, and frequently debilitating problem for which few evidence-based interventions exist. A previous randomised trial found that participation in an online 6-week breathing and wellbeing programme (ENO Breathe), using singing techniques, was associated with improvements in health-related quality of life (HRQOL) and breathlessness. We aimed to assess the impact of this intervention outside a trial setting.

Facilitators of and barriers to participation in Long COVID research: A qualitative analysis

PLoS One, May 2026

Available at: [PLoS One](#)

Meeting recruitment targets in an expeditious manner is essential to the successful completion of any research project. However, despite the high prevalence and debilitating nature of Long COVID (LC), recruitment of participants into some LC studies has been challenging.

Improving Diagnostic Accuracy of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Through a Point-of-Care Clinical Algorithm

International Journal of Environmental Research and Public Health, April 2026

Available at: [MDPI](#)

Despite the increasing prevalence and median severity of ME/CFS, medical education on the disease is scant, leading to a diagnostic crisis in which the majority of people with ME/CFS are undiagnosed. We created a care process algorithm in AskMayoExpert accessible to all Mayo Clinic medical providers as a source for information on diagnosis and management of ME/CFS.

'I Want Everyone to Have It, and Everyone to Be on It': A Feasibility Study of the Transforming Long Covid Intervention

Health Expectations, May 2026



Available at: [Wiley](#)

Building upon emerging science, the 'Transforming Long COVID' (TLC) programme was developed to support participants in their recovery by (i) introducing education on the neuroscience underpinning persistent symptoms and (ii) the development of self-management strategies to support recovery. The aim of this study was to examine the feasibility of the TLC programme with a cohort of people significantly affected by LC.

Managing Anxiety and Depression Symptoms in Long COVID

American Family Physician, April 2026

Available at: [AAFP](#)

Over 22 months, adults with long COVID experienced persistently higher rates of depressive symptoms and less improvement in anxiety compared with adults who fully recovered from SARS-CoV-2 infection. Mental health sequelae in patients with long COVID are shaped by complex factors, including biologic, social, and psychological contributors. Consequently, the biopsychosocial model is important for addressing mental health symptoms and avoiding implications that symptoms are psychogenic.

Model of care to promote recovery in older people with long COVID: findings from interviews and a co-design workshop

BMJ Open

Available at: [BMJ Open](#)

Using a human-centred design approach, semistructured interviews were conducted with patients and health professionals from a long COVID service to explore their experiences. Insights were further developed during a co-design workshop involving patients, health professionals and community members who identified as older people and who had experience with chronic illness. Key themes were identified and used to map an ideal patient journey and inform the final model of care.

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome diagnostic reporting in the 2021–2023 National Health Interview Survey

BMC Public Health, May 2026

Available at: [BMC](#)

While typically considered to be a chronic condition, some persons who have had ME/CFS report no longer having the disorder. Here, the prevalence and characteristics of adults in the United States who self-report having an ME/CFS diagnosis and those who self-report no longer having ME/CFS are presented.

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: Successful Therapeutic Plasma Exchange Treatment After SARS-CoV-2 Infection-A Case Report

Clinical Case Reports, May 2026

Available at: [PMC](#)

Our case highlights the potential therapeutic role of plasma exchange (TPE) in ME/CFS with suspected autoimmune involvement. The patient experienced significant improvement in cognitive function, physical stamina, and overall quality of life following TPE, accompanied by a measurable reduction in muscarinic and adrenergic receptor autoantibodies.

Neuroendocrine signature of ME/CFS: Meta-analytic evidence for bioactive cortisol deficit and exaggerated feedback sensitivity

Molecular Psychiatry, April 2026

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



This systematic review and meta-analysis aimed to provide an integrated understanding of hypothalamic-pituitary-adrenal (HPA) axis regulation in ME/CFS. The demonstrated neuroendocrine hypo-reactivity may underlie hallmark clinical features such as unrefreshing sleep, post-exertional malaise, and severe fatigue, as well as cognitive slowing, emotional blunting, and diminished stress resilience frequently observed in ME/CFS and related functional disorders.

Psychological and Cognitive Sequelae of COVID-19: Systematic Review and Meta-Analysis

Journal of psychiatric and mental health nursing, May 2026

Available at: [Wiley](#)

While several reviews have examined long COVID, few have quantified the prevalence of psychological and cognitive sequelae using data from cohort studies, which allow stronger temporal inference. Therefore, this systematic review and meta-analysis was conducted to address this gap in the literature and to provide evidence on the long-term mental health consequences of COVID-19.

Reframing ME/CFS: toward a unified mechanistic model of chronic post-infectious diseases

Journal of Translational Medicine, May 2026

Available at: [Springer](#)

Advances in systems biology, accelerated by Long-COVID research, have transformed our understanding of post-infectious syndromes. ME/CFS is thus reframed here as a disorder of impaired adaptive capacity within post-infectious disease biology.

Transcutaneous auricular vagus nerve stimulation improves dysautonomia, post-traumatic stress disorder and cognitive impairment in long covid patients: a pilot study

Scientific Reports, May 2026

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

This study aimed to evaluate the effects of transcutaneous auricular vagus nerve stimulation (taVNS) on autonomic symptoms, post-traumatic stress symptoms, and cognitive performance in patients with long COVID. Following taVNS, autonomic symptoms improved significantly. Post-traumatic stress symptoms were significantly reduced and cognitive performance improved.

Vascular inflammation in neuropsychiatric long COVID

Brain, Behavior, & Immunity – Health, April 2026

Available at: [Science Direct](#)

The role of vascular inflammation in neuropsychiatric Long COVID (LC) is suspected but not well understood. This study evaluated whether vascular inflammation is present in individuals with neuropsychiatric LC and how it relates to cognitive and mental health symptoms.

Blogs/News

Thousands of ME/CFS patients to benefit from first genomics study

Department of Health and Social Care, May 2026

Available at: [Gov.uk](#)

CFS patients in the UK are set to benefit from a world-first genomics study into the condition, also known as ME, which affects hundreds of thousands of people nationwide, the government has announced today.