

Beyond Symptoms: The Burden of Long Covid on Leisure Activities and Work Participation

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BACKGROUND

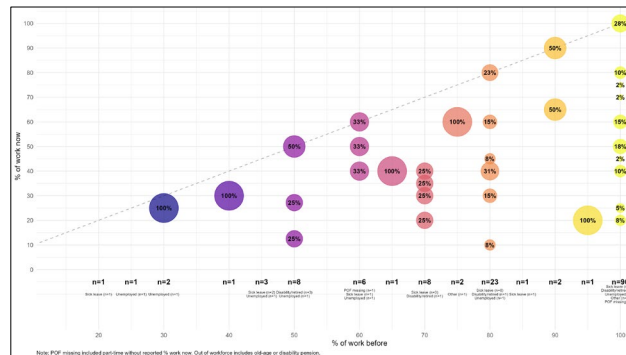
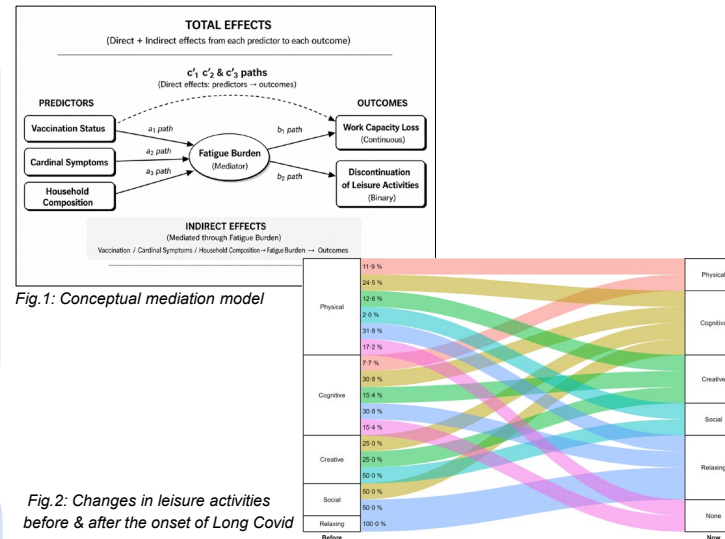
Persons with Long Covid (LC) experience an individual combination of symptoms with negative impact on their participation and socio-economic status^{1,2,3}

AIMS

- Describing changes in leisure and work participation of individuals with LC living in Switzerland (CH)
- Exploring whether fatigue burden mediates the relationships between clinical predictors and outcomes

RESULTS

- 173 persons with LC living in CH
- Fatigue, exercise intolerance, post exertional malaise & cognitive dysfunctions most frequently reported
- LC Impact Tool: $\mu 42$ (sd=10); esp. social & profess. life
- 48% cancelled all active leisure activities
- 88% reported reductions in former full-time work
- Reduced work capacity (full/part-time): μ -48%
- Reductions of leisure/work capacity appear primarily associated with extent of fatigue burden



METHODS

- Cross-sectional study
- Online survey open from July 2024 to August 2025
- Dissemination via patient association, information platforms, social media & health care professionals
- Descriptive statistics for participants' characteristics
- Paired analyses & McNemar's test for changes
- Structural equation modeling (SEM) for exploring relationship between symptoms' burden, and outcomes

CONCLUSION

- Burden of LC: Disruptions in routines, loss of versatility in activities & contacts, and changes in social roles⁴
- Substantial declines in work ability, associated with losses in socio-economic status^{1,4,5}
- Recommendation: Assessing fatigue impact in standard clinical evaluation
- Transparent, fair accessibility & readiness of medical⁶ and socio-economical services are needed

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