

# Long COVID Bulletin

**New evidence and outputs from key organisations  
relating to Long COVID**

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## Recent publications and journal articles

This current awareness bulletin contains a selection of material gathered from a search of the evidence base. It is not intended to be comprehensive and has not been critically appraised. Collated by a qualified information professional, the content is selected upon informed prioritisation of the search results based upon agreed criteria.

The bulletin is not a substitute for clinical or professional judgement and the information contained within does not supersede national and local NHS policies and protocols.

Previous issues of this bulletin can be accessed on the [Current Awareness page of the Knowledge Network](#).

If you need any help with obtaining the full text of any of the articles, please contact [phs.knowledge@phs.scot](mailto:phs.knowledge@phs.scot)

### **Epidemiology of long COVID, including incidence, prevalence, determinants**

Alvarez-Pedrerol M, Polo-Alonso S, Ramos R, Martí-Lluch R, Pinsach-Abuin ML, Dégano IR, et al. [Sex Differences in Long COVID Prevalence Over One year After the Acute Phase, and Related Risk Factors. The GINA-COVID Cohort Study](#). International journal of women's health. 2026;18538491.

Adebisi YA. [Prepandemic risk factors for disabling long COVID: A prospective cohort analysis](#). Journal of tropical medicine. 2026;20269396282.

Anderer S. [Long COVID prevalence decreases as recovery rates improve](#). The Journal of the American Medical Association. 2026;335(14)1198.

Ayoubkhani D, Atchison CJ, Banerjee A, Brightling C, Calvert M, Diamond I, et al. [Considerations for epidemiological studies investigating emerging post-acute](#)

**infection syndromes: Long Covid as a case study.** EClinicalMedicine. 2026;94103833.

Barboza APB, Luna-Muschi A, Faffe D, Borges IC, Côrtes MF, Galliez R, et al. **Protective effect of a second booster dose against long COVID among individuals infected with SARS-CoV-2 in southeastern Brazil.** Vaccine. 2026;77128354.

Ganmaa D, Cook KA, Khudyakov P, Enkhjargal D, Bilegtsaikhan T, Mayer KH, et al. **A Randomized Trial of Vitamin D Supplementation and COVID-19 Clinical Outcomes and Long COVID: The Vitamin D for COVID-19 Trial.** The Journal of Nutrition. 2026;156(4)101398.

Khurana MP, Brünnich Sloth MM, Scheidwasser N, Curran-Sebastian J, Morgenstern C, Banholzer N, et al. **SARS-CoV-2 reinfections and subsequent risk of hospital-diagnosed post-acute sequelae in Denmark (2020-2022): a nationwide cohort study.** The Lancet regional health Europe. 2026;63101601.

King R, Ford T, Coleman Z, Hammond E, Henley D, Hirschtick JL. **Racial disparities in long COVID: why black americans are likely underrepresented in long COVID estimates.** Journal of racial and ethnic health disparities. 2026.

Pastorello A, Vuillermoz C, Meyer L, Davaisse-Paturet C, Coste J, Bajos N, et al. **Evolution with age of the relationship between sex and post-COVID symptoms: a population-based cohort study.** BMC Medicine. 2026.

## **Service planning and delivery, pathways of care, service evaluation**

Clarke Z, Cowan H, Rhodes T, Fernes P, Haines A, Leal L. **Vital yet fragile: informal networks of support among young people navigating long covid.** Health Expectations. 2026;29(2)e70611.

Gesell D, Lienesch P, Shi Y, Strobl R, Tauscher M, Gerlach R, et al. **Care Pathways and Patient Experiences Among Patients With Post COVID-19 Condition: Study Protocol for a Mixed-Methods Study in Germany.** JMIR research protocols. 2026;15e91976.

Heemskerk SCM, Brus IM, de Groot A, Rijssenbeek-Nouwens L, Tieleman P, Ter Wolbeek M, et al. **Opportunities and barriers in care for patients with post COVID-19 condition: a Delphi study among healthcare workers.** BMC Health Services Research. 2026.

Jürgensen M, Frisk B, Kvale G, Espehaug B. **Improvements in long COVID symptoms, functional level and the impact of illness perceptions after concentrated micro-choice-based rehabilitation: A1-year prospective uncontrolled study.** Journal of Psychosomatic Research. 2026;208112687.

Le Breton C, Klopfenstein T, Zayet S. **Current Difficulties for General Practitioners in the Diagnosis and Management of Long COVID Patients: A Cross-Sectional Study Assessing an Online Questionnaire.** Journal of Communications. 2026;15(8)2855.

Miller DW, Rodgers-Melnick SN, Deraz NT, Dusek JA, Segall TL, Edwards AM. **Interdisciplinary Pediatric Long-COVID Care: A Descriptive Study of Interventions and Health-Related Quality of Life.** Open forum infectious diseases. 2026;13(4)ofag155.

Nygren-Bonnier M, Holland AE. **Physiotherapy management of long COVID in adults.** Journal of physiotherapy. 2026;72(2)94–105.

Pesta KL, Hasenöhr T, Keilani M, Bauer M, Crevenna R. **Towards integrated people-centred health services: patient-reported experiences of post-COVID care in Austria.** Wiener medizinische Wochenschrift (1946). 2026.

Rayner C, Smith N, Milne R, Mir G, de Kock J, Bakerly ND, et al. **“What do people with long covid want from healthcare services?” A qualitative exploration from lived experience.** Health Expectations. 2026;29(2)e70607.

Silveira JM, Nakaishi APM, da Silva MG, Dos Santos DO, Gastaldi AC. **Effects of Exercise-Based Pulmonary Rehabilitation in Patients with Long COVID: A Systematic Review and Meta-Analysis.** Advances in respiratory medicine. 2026;94(2).

Smyth N, Ahmad A, Begum S, Chaudhry A, Clark S, Wright A, et al. **Co-Creating Publicly Available Resources to Increase Awareness of and Support for Long Covid Among Ethnic Minority Communities**. Health Expectations. 2026;29(2)e70596.

## **Psycho-social impacts of long COVID, including on work, education, and quality of life**

Chen Z, Li B, Chen Y, Liu J, Luo F, Ogunyemi KO, et al. **Mapping spatial and social inequities of long COVID across the United States: a retrospective cohort study**. Lancet Regional Health Americas. 2026;56101401.

Das V. **Trends in Financial Hardship by COVID-19 Infection History, Long COVID Status, and Day-to-Day Activity Limitations: A National Study of US Adults**. Family & community health. 2026;49(2)122–30.

Larsson AC, Alhasan R, Palstam A, Rafsten L, Persson HC. **Self-reported anxiety, depression, and health-related quality of life during two years following hospitalization for covid-19: a longitudinal study**. Scientific Reports. 2026;16(1).

Ortega-Martin E, Alvarez-Galvez J. **Understanding quality-of-life patterns in long COVID: How Symptoms and socioeconomic conditions shape patient wellbeing**. Plos One. 2026;21(4)e0347743.

Reeder HT, Kleinman LC, Stockwell MS, Thaweethai T, Pant DB, Rhee KE, et al. **School difficulties and long COVID in children and adolescents**. Academic Pediatrics. 2026;103314.

Rosemberg M-AS, Park S. **Covid is gone but not fully: addressing long covid among workers**. Workplace health & safety. 2026;21650799261434056.

Steichen O, Coste J, Delpierre C, Robineau O, Gallay A, Makovski TT, et al. **Association between persistent symptoms and health-related quality of life in the post-COVID-19 condition: a cross-sectional survey in a nationally representative sample of French adults**. Health and Quality of Life Outcomes. 2026.

Viola M, Testa S, Sacerdote C, Kogevinas M, Pagano E, Rosato R. **Post-COVID-19 physical and mental quality of life: a latent profile analysis and predictive factors**. Quality of Life Research. 2026;35(4).

## **New/updated guidelines, policies and reports including findings of CSO-funded research relevant to long COVID**

Organisation for Economic Co-operation and Development (OECD). **Addressing the Costs and Care for Long COVID: The Long Shadow of the Pandemic**. Published April 2026.

For further information on sources of evidence and other key references relevant to this topic, please contact: [phs.knowledge@phs.scot](mailto:phs.knowledge@phs.scot)