

# Psychosocial Impacts of Living with Long COVID



Long COVID is described as an episodic condition that can impact all bodily systems.

People living with LC experience physical and cognitive symptoms, most commonly:

- Fatigue
- Shortness of breath
- Chest pain
- Difficulty concentrating
- Brain fog



In Canada, up to 30% of people who contracted the acute COVID-19 virus are living with prolonged symptoms, now known as long COVID.

impacting their ability to participate in day-to-day activities.

"Watching other people live an everyday life that is fuller and having options you don't have, that, emotionally, I think, is one of the harder things to navigate."  
-- Person living with Long COVID

Our mixed-method data highlight how living with a chronic condition, like long COVID, impacts one's quality of life, including psychological and social health and well-being.



Findings from our survey data highlight a significant relationship between chronic physical and cognitive LC symptoms and quality of life.

People living with long COVID also navigate impacts on other aspects of their health and well-being:

## Psychological

## Social & Leisure

◆ Disrupted biographies (a deviation from perceived 'normal').

◆ Grief (loss of independence, agency, meaning, and purpose).

◆ Impacts on personal/intimate and social relationships and roles.

◆ Loss of participation in meaningful leisure activities.



## Psychosocial supports for long COVID:

- Occupational Therapy
  - Pacing and energy conservation strategies, support with managing daily activities
- Recreation Therapy
  - Social- and leisure-based care interventions
- Social Work or Psychotherapy
  - Talk-based therapy interventions

"Will I ever get back to the life that I had?"  
-- Person living with Long COVID

This infographic was created by our research team at St. John's Rehab Research Program, Sunnybrook Research Institute in collaboration with people living with long COVID, caregivers, health care and rehab professionals, and academic collaborators. For more information about our long COVID research project, please visit: [www.LivingWithLongCOVID.ca](http://www.LivingWithLongCOVID.ca) or email Dr. Marina Wasilewski at [marina.wasilewski@sunnybrook.ca](mailto:marina.wasilewski@sunnybrook.ca).