

## **COV/LTE/20/06 - Defining and understanding the longer-term effects of COVID-19: A mixed methods study exploring the frequency, nature, and impact of 'long COVID' in the Scottish population**

Most people with COVID-19 recover within three weeks, but some don't. Our study will identify how many people continue to be unwell, their symptoms, and how it affects their lives. Scottish adults who had a positive COVID-19 test, and a negative test comparison group, will be sent an SMS message inviting them to take part in the study. If they agree, they will use an app to answer questions about their health before and after COVID-19, and any effect on their lives. They will answer the questions again 12, 18, and 24 months after testing. Their health records will tell us if they have been in hospital or taking medicines. This can be done without us knowing their name or speaking to them. They will be asked if they agree to be contacted directly. Some who agree will have one-to-one interviews to discuss, in more detail, the impact of COVID-19 on their health and relationships. We will also ask for their suggestions on what help they need. Anyone can refuse to take part, or withdraw from the study, at any time. Patients with lived experience of COVID-19 symptoms will be members of a steering group providing advice during the project.