

Long-COVID and support needs – a survey of patient experiences

Please tell us about your long-COVID symptoms.

How long have you had long-COVID?

- ☐ Up to 6 months
- ☐ 6-12 months
- ☐ 1-2 years
- ☐ 2-3 years
- ☐ 3-4 years
- ☐ 4+ years

Fatigue: Please respond to each question or statement by marking one box per row.

	Not at all	A little bit	Somewhat	Quite a bit	Very much
I feel fatigued	☐	☐	☐	☐	☐
I have trouble starting things because I am tired	☐	☐	☐	☐	☐
How run-down did you feel on average?	☐	☐	☐	☐	☐
How fatigued were you on average?	☐	☐	☐	☐	☐

Physical Function: Please respond to each question or statement by marking one box per row.

	Without any difficulty	With a little difficulty	With some difficulty	With much difficulty	Not at all
Are you able to do chores such as vacuuming or yard work?	☐	☐	☐	☐	☐
Are you able to go up and down stairs at a normal pace?	☐	☐	☐	☐	☐
Are you able to go for a walk of at least 15 minutes?	☐	☐	☐	☐	☐
Are you able to run errands and shop?	☐	☐	☐	☐	☐

Please tell us about other symptoms, where 0 is none and 100 as bad as could be imagined

0 10 20 30 40 50 60 70 80 90 100

breathlessness	
pain	
light-headedness or unsteadiness	
cognitive difficulties ("difficulty thinking clearly")	
feeling anxious or worried	
feeling low or depressed	

Support for long-COVID

Please tell us what kinds of support you would like to help manage your long-COVID symptoms?

What kind of support, if any, have you had from NHS Long-COVID services?

	Type of sessions		Was it helpful and why/why not?
	Group	1-to-1	
Pulmonary rehabilitation			
Breathing support			
Self-management			
Gentle exercise/activity groups			
Stress/ anxiety management			
Nothing			
Other			

If you were invited to participate in the below course to support people with long-COVID to help manage their symptoms, would you be interested?

A course of online live-streamed, weekly practical sessions, over 8 weeks, specifically for people with long-COVID. Sessions lasting 45 minutes. Content includes breathing practices to improve lung function, gentle movement and stretching (from sitting or lying), nervous system

regulation, information about symptom management (e.g. pacing), guided relaxation and peer-group support. Optional home practice includes short videos the practices covered in classes.

- ☐ Definitely interested
- ☐ Might be interested
- ☐ Unsure
- ☐ Probably not interested
- ☐ Definitely would not be interested

Please tell us why you gave this response?

Please rate your interest in the different aspects of this course

	Definitely interested	Might be interested	Unsure	Probably not interested	Definitely would not be interested
Breathing exercises	☐	☐	☐	☐	☐
Gentle movement and stretching (from sitting or laying down)	☐	☐	☐	☐	☐
Information on symptom management	☐	☐	☐	☐	☐
Relaxation	☐	☐	☐	☐	☐
Connection with other people with long-COVID	☐	☐	☐	☐	☐

Anything else you would like to see included in the course?

Some yoga therapists are already running these types of programmes, how would you feel about attending if it was labelled as 'yoga' for long-COVID and why? (from our past conversations with people with long-COVID some have said they had concerns about yoga, whereas others liked the idea)

Please tell us about any similar interventions you've tried for long-COVID and how you got on with them.

	Have you tried it?	What did you think?
Rest, repair and recover programme (Suzy Bolt)		
Breathworks – mindfulness for long-COVID		
English National Opera Breathe programme		
Gupta programme		
Recover-neuro, BrainHQ		
John Hopkins breathing exercises		
Mindful movement method, Nadyne Mckie		
Other, please specify		

Yoga practice

Have you ever practised yoga?

- ☐ Before long-COVID
- ☐ After long-COVID
- ☐ Neither

Skip To: End of Block If Have you ever practised yoga? != After long-COVID

What made you decide to try yoga for long-COVID?

Overall, how much does practising yoga help with your long-COVID symptoms?

- ☐ It makes them worse
- ☐ No difference
- ☐ Helps a little
- ☐ Helps a moderate amount
- ☐ Helps a lot

What, if any, ways do you feel yoga helps you with long-COVID? (e.g. does it help with specific symptoms? Coping with long-COVID? Relaxation?)

What are the challenges of practising yoga with long-COVID?

If you know what kind of yoga have you practised with long-COVID, please specify:

- ☐ Yoga specifically for long-COVID/similar condition
- ☐ Hatha yoga
- ☐ Restorative yoga
- ☐ Yin yoga
- ☐ Iyengar yoga
- ☐ Other _____

On average, how often do you practice yoga?

- ☐ Several times a week
- ☐ Once a week
- ☐ Several times a month
- ☐ Monthly or less often

Demographics

How do you identify your gender?

- ☐ Male
- ☐ Female
- ☐ Non-binary / third gender
- ☐ Prefer not to say
- ☐ I use another term _____

Is this the same gender you were assigned at birth?

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

How old are you?

- ☐ 18-30 years old
- ☐ 31-40 years old
- ☐ 41-50 years old
- ☐ 51-60 years old
- ☐ 61-70 years old
- ☐ 71+ years

How would you describe your ethnicity?

- ☐ Asian or Asian British
- ☐ Black, African, Caribbean or Black British
- ☐ Mixed or Multiple Ethnic Groups
- ☐ White
- ☐ Prefer not to say
- ☐ Other - please specify: _____

Anything else you'd like to tell us about the topics covered in this questionnaire?