

## Associations between Continuing Symptoms and Quality of Life in Post COVID-19 Patients

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### ABSTRACT

COVID-19 is a multisystem disease that can cause various symptoms lasting even after the acute stage negatively impacting patients' quality of life. It is of utmost importance to comprehensively evaluate how COVID-19 affects not only patients' physical and mental health, but also their family and social life. This knowledge plays a significant role in the creation of effective ways to assist those suffering from long COVID to address health-related quality of life issues in a timely manner.

**Research objective:** To analyze associations of continuing symptoms and quality of life in post COVID-19 patients.

**Research methodology:** An analysis of the scientific literature and a quantitative research study (online survey using post-acute COVID-19 quality of life questionnaire and long COVID symptom scale). Study sample-167 patients.

Many patients who have recovered from COVID-19 are plagued by long-term multiple symptoms. The study identified that the most common symptom is fatigue. Other common symptoms include: memory problems, mood swings, irritability, feeling unwell, neck/back/lower back pain, insomnia/sleep disturbances, sweating, and dizziness/weakness. The rarest symptoms were swollen and painful ganglia, hypoacusis, hypoesthesia, weight loss, white/red/purple/swollen fingers and toes, chest pain, tremors.

Symptoms of COVID-19 can persist for over a year. An assessment of the quality of life score reveals that patients face significant challenges in performing daily activities, processing information, maintaining social connections, and taking care of themselves and others.

This study has revealed that a lower quality of life assessment is associated with certain ongoing symptoms and a higher number of symptoms experienced. The research found that 20 symptoms were most significantly associated with a poor quality of life assessment. Furthermore, subjects with higher levels of education and those under 60 rated their health-related quality of life more poorly.

**Keywords:** COVID-19 disease, Long COVID, Post-COVID Syndrome, Quality of Life, Health related quality of life

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