








The high mental health burden of “Long COVID” and its association with on-going physical and respiratory symptoms in all adults discharged from hospital

Sindhu B. Naidu ¹, Amar J. Shah ¹, Anita Saigal¹, Colette Smith², Simon E. Brill¹, James Goldring¹, John R. Hurst ^{1,3}, Hannah Jarvis¹, Marc Lipman ^{1,3} and Swapna Mandal¹

Affiliations: ¹Royal Free London NHS Foundation Trust, London, UK. ²Institute for Global Health, University College London, London, UK. ³UCL Respiratory, University College London, London, UK.

Correspondence: Swapna Mandal, Royal Free London NHS Trust, Pond Street, London, UK.
E-mail: swapnamandal@nhs.net

 @ERSpublications
Adults discharged from hospital with COVID-19 may experience “Long COVID”, where mental health symptoms are significant and linked to physical symptoms such as breathlessness. Clinicians should use brief screening questionnaires to support their recovery. <https://bit.ly/3d22SJM>

Cite this article as: Naidu SB, Shah AJ, Saigal A, *et al.* The high mental health burden of “Long COVID” and its association with on-going physical and respiratory symptoms in all adults discharged from hospital. *Eur Respir J* 2021; 57: 2004364 [<https://doi.org/10.1183/13993003.04364-2020>].

This single-page version can be shared freely online.

To the Editor:

During previous severe coronavirus outbreaks, 15% of survivors suffered from depression and 33% from post-traumatic stress disorder (PTSD) at a mean follow-up of 22.6 and 32.2 months, respectively [1]. A recent systematic review identified that whilst physical symptoms receive most attention, the effects of coronavirus disease 2019 (COVID-19) upon mental health may be equally important [2]. One meta-analysis estimated the prevalence of depression and PTSD in the general public during this pandemic at 24% and 15%, respectively [3]. In adults with pre-existing asthma and COPD, the prevalence of depression and PTSD was 31.5% and 11.3%, respectively [4]. For patients with acute COVID-19 infection, this increased to 42% for depression and 96% for symptoms consistent with PTSD [3].