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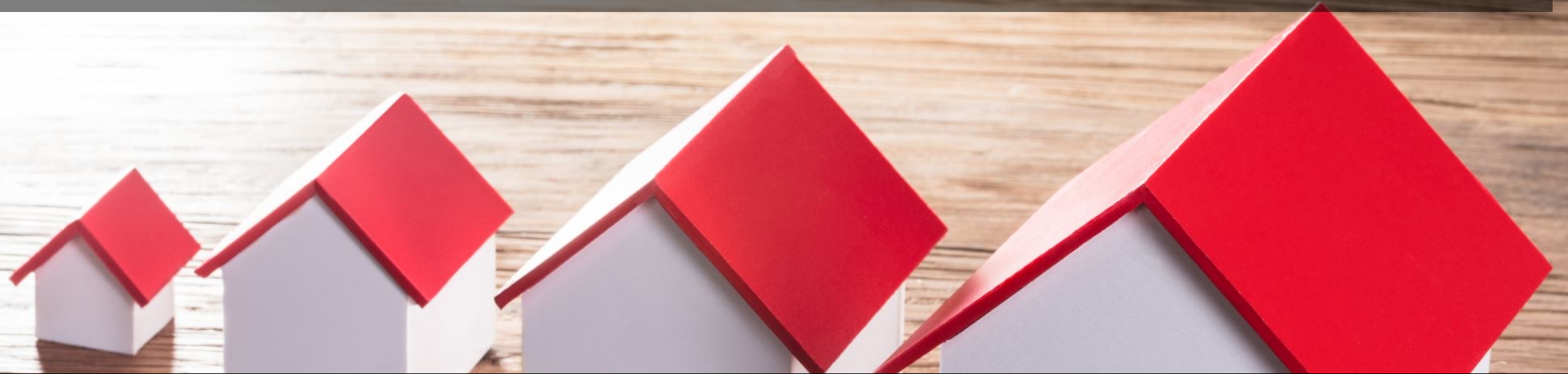
Self-reported fatigue in people with post COVID-19: impact on functioning in daily life and associated factors - a cross-sectional study

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STUDY AIMS



To assess

- The impact of self-reported fatigue on functioning in daily life
- The association with sociodemographics, physical capacity, and work ability among people with post-COVID-19.

Recruitment and participants

Recruitment via social media Oct – Nov 2021

People with suspected or confirmed COVID-19 infection with post-COVID symptoms at least 2 months

Living in one of the three largest regions in Sweden (Stockholm, Gothenburg and Skåne)

Digital survey using RedCap

N=641, 18-77 years, 88% female, 69% working



Measurements

Physical fatigue and lack of energy

Fatigue Severity Scale (FSS), 9 statements on perceived impact of fatigue on daily life

Mental fatigue

Mental Fatigue Scale (MFS), 15 statements on difficulties in performing mentally strenuous tasks for more than short periods, irritability, sensitivity to stress, concentration difficulties and emotional instability.



Measurements

Perceived aerobic capacity

Rating of Perceived Capacity (RPC) scale. The most strenuous activity that can be sustained for at least 30 min. 1 (sit) to 20 (elite aerobic training).

Perceived work ability:

Work Ability Score (WAS). Self-rated work ability in relation to lifetime best. 0 to 10.

Sociodemographic data:

Age, sex, family situation, education level, work, PCC symptoms etc.



Physical fatigue

”My motivation is lower when I’m fatigued” (92%)

”I’m easily fatigued” (92%)

”Fatigue interferes with my physical functioning” (90%)

”Fatigue interferes with my family, work and social life” (87%)

”Fatigue interferes with carrying out certain duties and responsibilities”
(86%)



Factors associated with physical fatigue

Univariable regression (variables $p < 0.001$ presented)

- Being a woman
- Time with COVID-19
- Aerobic capacity
- Work ability

Final multivariate regression

- Work ability
- Aerobic capacity



Mental fatigue

Pronounced to maximal symptoms

- Sensitivity to stress (68%)
- Mental fatigability (67%)
- Fatigue in general (54%)
- Mental recovery (50%)



Factors associated with mental fatigue

Univariable regression (variables $p < 0.001$ presented)

- Being a woman
- Comorbidity
- Aerobic capacity
- Work ability

Final multivariate regression

- Work ability
- Being a woman



Conclusions and implications for practice

Fatigue have a strong impact on daily life among people with post COVID-19

Need for person-centered, multi-disciplinary rehabilitation including fatigue management interventions targeting different aspects of daily life

Stress management and mental recovery strategies crucial

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Link to fulltext:

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