

Evaluating the impact of a personalised self-management support intervention in Long Covid patients: a trial protocol (LISTEN trial)

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Background

Long Covid is estimated to affect at least 10% of individuals with a positive Covid-19 test, although this is possibly an underestimate. Symptoms relate to a wide variety of ongoing problems e.g., brain fog and tiredness impacting greatly on everyday tasks. People living with long Covid state that they feel misunderstood and overlooked by healthcare professionals and services. A self-management and personalized support is considered beneficial compared to a 'one size fits all' approach.

Aim

The Aim of the LISTEN trial is to work in partnership with individuals living with long Covid to co-design and evaluate a personalised self-management support intervention.

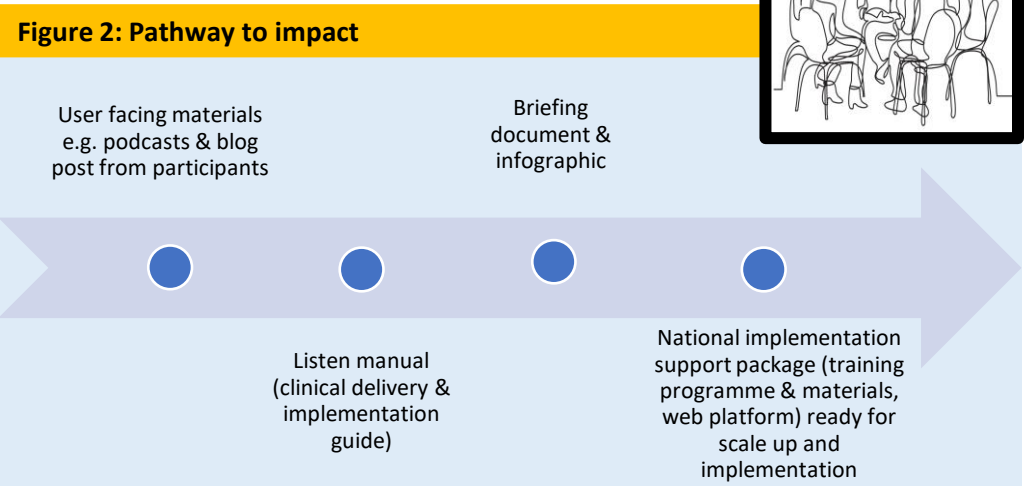
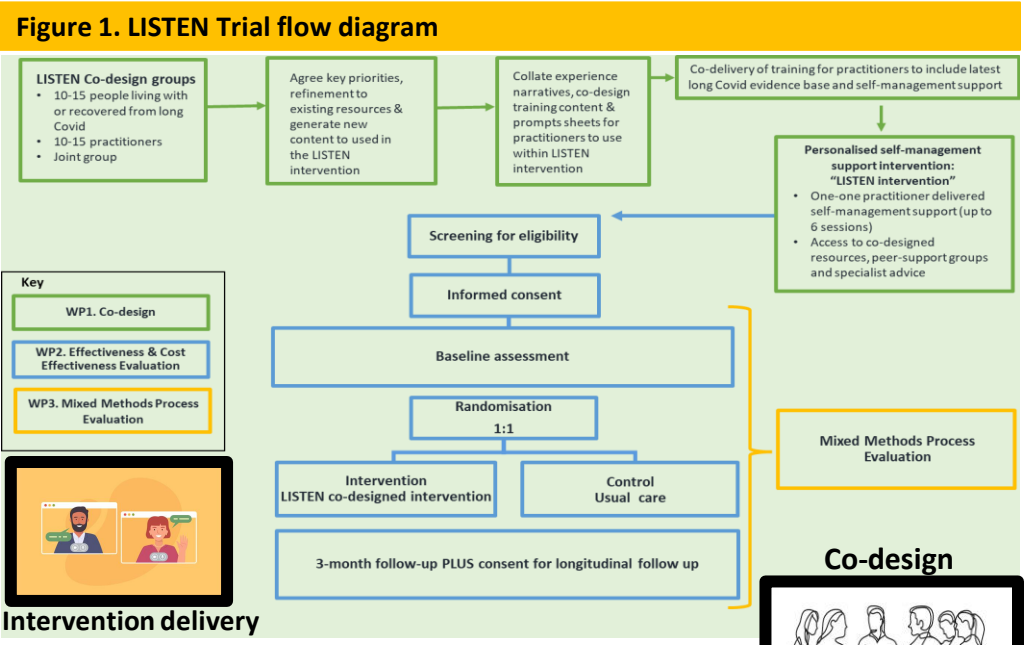
Study design

The LISTEN trial is a two-arm individually randomised effectiveness trial comparing the 'LISTEN self-management support intervention' to Usual Care for 558 non-hospitalised individuals living with long Covid in 24 NHS sites across England and Wales.

Intervention: up to 6 one-to-one sessions with a clinical practitioner at the site through video call over a 10-week period and access to resources.

Usual care: standard NHS care over a period of 3 months.

Work packages: The trial will be executed through 3 work packages involving a series of tasks depicted in **Figure 1**.



Trial assessments

Primary outcome: Routine activities as assessed by the routine activities' domain of the Oxford Participation and Activities Questionnaire (Ox-PAQ)

Secondary Outcomes: Emotional Well-Being & Social Engagement of Ox-PAQ
Health-related quality of life (Short Form-12 Health Survey)
Fatigue (Fatigue Impact Scale)
Utility and cost effectiveness (EQ-5D-5L) and health care resource use (Client service receipt inventory)
Mediators of intervention (generalised self-efficacy scale with additional context-specific questions)



Conclusion

The LISTEN trial is unique in its intervention co-design and co-delivery of training of health professionals and focus on inclusion through its Patient and Public Involvement (PPI). Partnership will be established with a large network of long Covid support groups and charities such as Diversity & Ability who may provide supports with recruitment strategies and reviewing all patient facing materials. The Trial will produce an accessible resource of self-managing materials and if implemented, has the potential to impact individual management of long Covid symptoms (**Figure 2**) throughout the UK.

