



AN APS MEMBER SYMPOSIUM

# 2025 Festival of Psychology

16–18 May 2025

**Psychological Impacts and Interventions for  
People Living with Long Covid**

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# OVERVIEW OF THE WORKSHOP

- Overview of Long COVID
- Psychological impacts of long COVID
- Targets for psychological intervention
- Therapeutic modalities indicated for the impacts of long COVID
- Q&A
- Summary and close



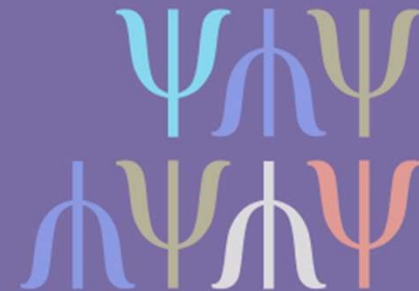
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## WHAT IS LONG COVID?

- Occurs in people with probable or confirmed COVID-19
- Symptoms usually begin ~3 months after infection and are persistent ~2 months
- Symptoms may persist, fluctuate, or relapse

*Image retrieved from: [www.yalemedicine.org/news/long-covid-symptoms](http://www.yalemedicine.org/news/long-covid-symptoms)*

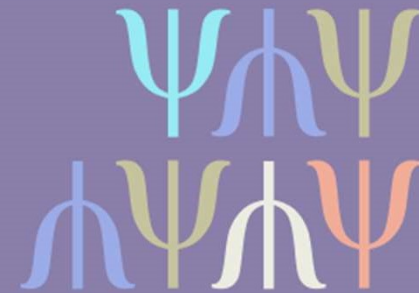


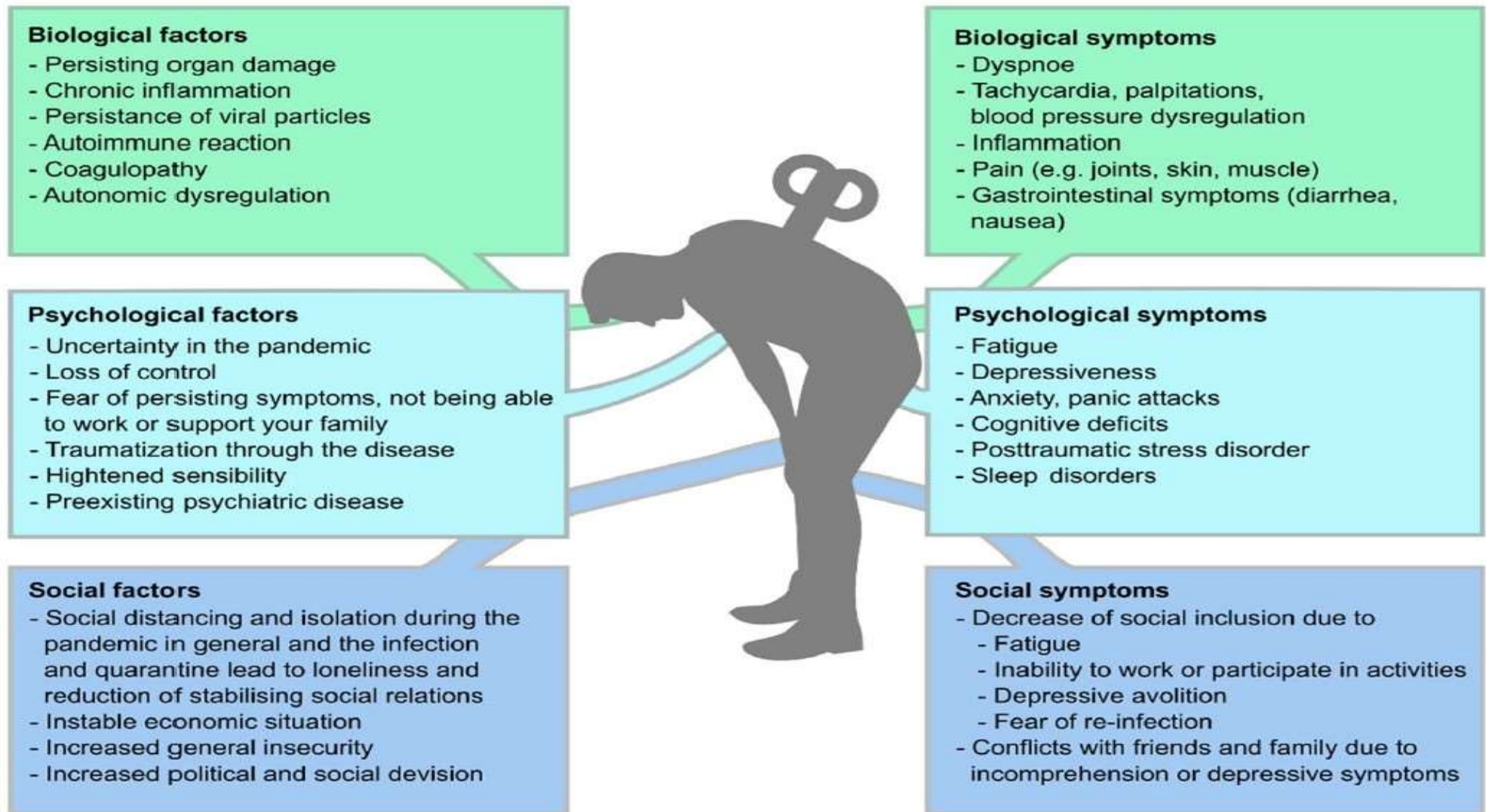
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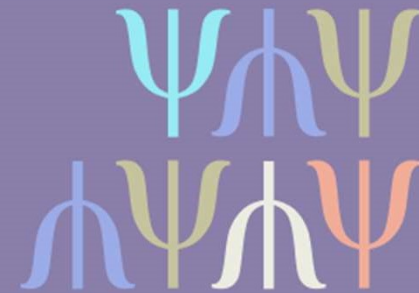
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# PSYCHOLOGICAL DISORDERS IN LONG COVID



Symptoms	Response to illness	Mood and anxiety disorders
<b>Low mood</b>	Absent or Intermittent	Depressed most of the day, nearly every day
<b>Loss of enjoyment</b>	Secondary to reduced function	Markedly diminished interest or pleasure in all/ almost all, activities most of the day, nearly every day
<b>Worry</b>	Uncertainty about recovery  Able to turn thoughts elsewhere	Excessive anxiety and worry more days than not ie: “I am terrified that if I do anything, I will get worse” Finds it difficult to control the worry ie: “I cannot stop my mind”
<b>Fear</b>	Related to loss of function/role, societal concerns about re-infection	Leads to significant avoidance and impacts functioning
<b>Frustration/ irritability</b>	Frustration in relation to function/ uncertainty	Pervasive and uncharacteristic irritability
<b>Guilt</b>	Secondary to reduced role function	Strong ideas of failing others
<b>Worth</b>	Secondary to reduced role function	Strong beliefs of uselessness or worthlessness
<b>Hopelessness</b>	Proportional to symptom trajectory	Hopelessness ie: “I cannot see my way out”
<b>Suicidality</b>	Absent	Life not worth living, thoughts of suicide.
<b>Energy/ motivation</b>	Fatigue that is pervasive Has motivation but not energy	Feeling unmotivated, lacking energy, described as lack of interest or motivation. Restless, trouble relaxing
<b>Sleep</b>	Related to physical symptoms of Long COVID.	Change from normal pattern –excessive or disrupted sleep
<b>Cognition</b>	Brain fog fluctuating with fatigue.	Unable to think or make decisions coloured by pessimism and thoughts of mental incapacity.
<b>Physical symptoms</b>	Occur in the absence of corresponding anxious thoughts and feelings.	Episodic somatic symptom of anxiety (racing heart, chest discomfort, shortness of breath sweating, dizziness) associated with feelings of dread or catastrophe.



