Comments from Dr. Gitendra Uswatte of University of Alabama at Brimingham, lead author on Pilot COVID RCT Study

“The participants had persistent brain fog and mild cognitive impairment due to Long COVID, along with difficulty in carrying out everyday activities.”

“Slowed processing speed is common in those with brain fog. This impairment in how efficiently people process information taken in via the senses adversely affects a wide range of cognitive functions, from memory to decision making.”

“One of the most difficult consequences of Long COVID is having to cut back on work, which challenges people’s self-worth.”

“Several findings stand out. We saw very large improvements in brain fog symptoms and in performance of everyday activities, including work. Eighty percent of those who had not retired prior to getting COVID returned to work in the treatment group; none did in the comparison group.”

“We were surprised to see a high percentage return to work. Four of five in the treatment group, who sought to return to work, did so. None did in the comparison group.”

“A key component of our intervention is cognitive processing speed training. We train how quickly people process sensory information using what looks like a video game. The method we used here was developed by Karlene Ball and collaborators at the University of Alabama at Birmingham, rigorously tested in the multi-site ACTIVE trial, and is now available online.”

“This was a small, preliminary study. It is possible that the findings may change if a larger study is conducted. And, that other interventions may produce similar improvements.”

“We have a new clinical trial underway in our lab that compares this intervention to an alternate approach for rehabilitating brain fog in adults with Long COVID. We specifically target getting people back to work in the new study. We have partnered with the Alabama Department of Rehabilitation Services to provide study participants with vocational rehabilitation. “

“A new study is underway in our laboratory to test the findings from our preliminary study in a larger trial.”