Long COVID survivors may experience brain fog and other symptoms but study suggests no lasting reduction in problem solving or other functions

Researchers at Akershus University Hospital (Ahus) and the University of Oslo have investigated whether Covid-19 causes long-term effects in the brain.

Half of the participants experienced persistent post-infective symptoms, meaning long Covid. They had a variety of symptoms, such as concentration difficulties, poorer sleep and memory, and pain.

“They experienced that they had poorer memory and that they had brain fog,” says Vegard B.B. Wyller, who was involved in the study. Wyller is a research leader at the Pediatric and Adolescent Clinic at Ahus and a professor at the University of Oslo’s Institute of Clinical Medicine.

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Participants who had long Covid symptoms performed similarly on tests of memory, concentration, and sleep as those who did not have long Covid.

“They experienced that they forgot easily and had brain fog, but when we tested them, they were just as proficient as the others,” Wyller tells sciencenorway.no.

The researchers concluded that long Covid symptoms do not cause lasting problems or damage to the brain.

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