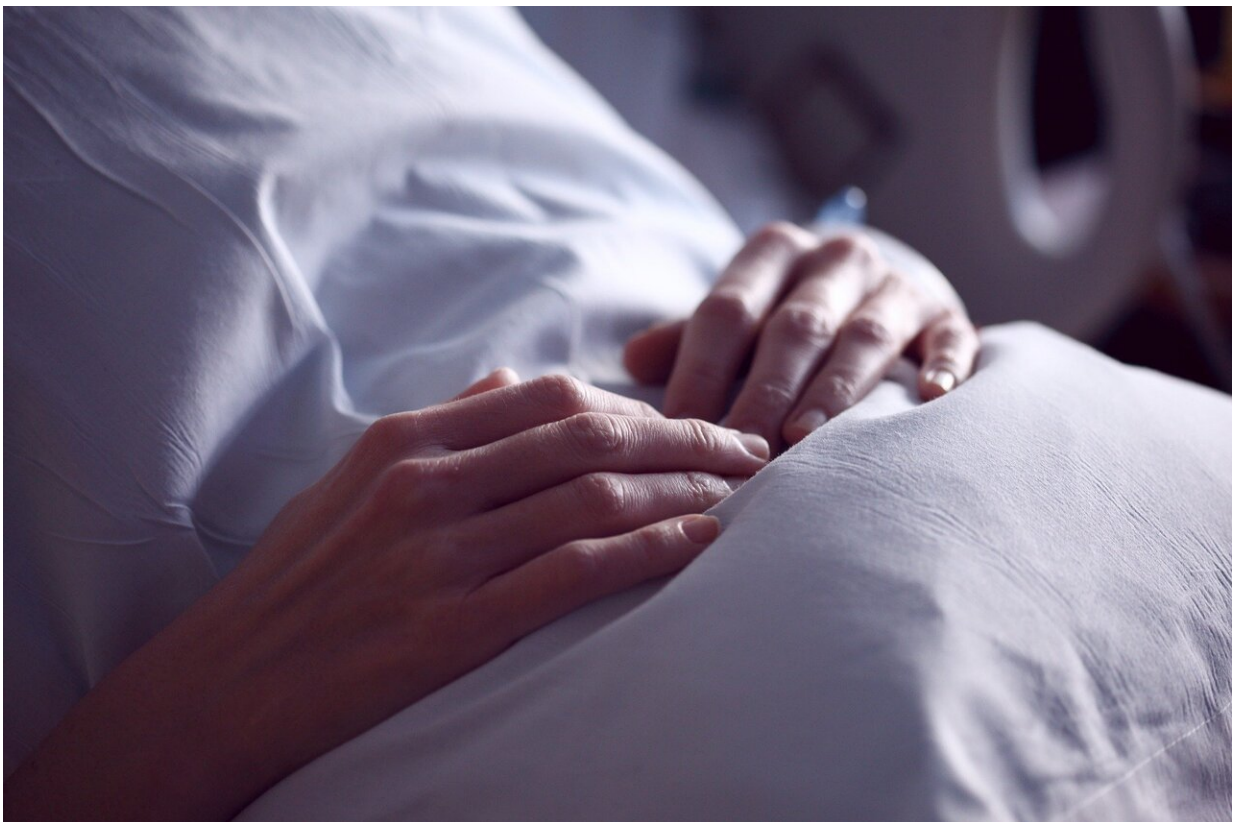


Health consequences among COVID-19 convalescent patients 30 months post-infection in China

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In August 2022, 217 COVID-19 convalescent patients who had been diagnosed with COVID-19 in February 2020 were recruited for a new

study. These convalescent patients were residents of multiple districts in Wuhan, China.

All convalescent patients completed a detailed questionnaire, laboratory testing, a six-minute walk test, a Borg dyspnea scale assessment, lung function testing, and had a chest CT. The potential risk factors for [health consequences](#) among COVID-19 convalescent patients 30 months post-infection were identified using a multivariate logistic regression model.

The results were [published](#) in the journal *Zoonoses*.

Most convalescent patients were in good overall health and returned to work 30 months post-infection; however, 62.2% of the convalescent patients had long COVID symptoms. The most common symptoms were [chest pain](#), fatigue, and dizziness or headaches. The convalescent patients with [severe symptoms](#) had a significantly higher proportion of depression disorder ($P = 0.044$) and lower health-related quality of life ($P = 0.034$) compared to the convalescent patients with mild symptoms.

Compared to convalescent patients who were not vaccinated, convalescent patients who received three vaccines had significantly less fatigue, lower anxiety and depression scores, and had a better health-related quality of life (all P

Older age was associated with a higher risk of long COVID (OR = 1.52, 95% CI = 1.16–2.02) and chest CT abnormalities (OR = 1.75, 95% CI = 1.33–2.36). Female gender was associated with a higher risk of anxiety (OR = 3.20, 95% CI = 1.24–9.16) and depression disorders (OR = 2.49, 95% CI = 1.11–5.92). Exercise was associated with a lower risk of anxiety (OR = 0.41, 95% CI = 0.18–0.93).

Notably, vaccination protected convalescent patients from developing long COVID symptoms (OR = 0.18, 95% CI = 0.06–0.50), [anxiety](#)

[disorders](#) (OR = 0.22, 95% CI = 0.07–0.71), and depression disorders (OR = 0.33, 95% CI = 0.12–0.92).

The researchers conclude that more attention should be paid to convalescent patients who are older, female, physically inactive, and not vaccinated.

More information: Yu Yin et al, Health Consequences Among COVID-19 Convalescent Patients 30 Months Post-Infection in China, *Zoonoses* (2023). [DOI: 10.15212/ZOONOSES-2023-0014](https://doi.org/10.15212/ZOONOSES-2023-0014)

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