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PURPOSE

- Assessing physical activity (PA) and quality of life (QoL) in individuals with Long COVID-19 is essential for informing targeted interventions aimed at improving physical function.
- While physical activity is widely recognised for its positive influence on overall well-being, its specific impact on the quality of life of those affected by Long COVID-19 remains underexplored, particularly among ethnically diverse populations.
- This study, therefore, aims to assess the levels of physical activity and quality of life in individuals with Long COVID, with the goal of identifying those with low scores and providing tailored interventions to support their rehabilitation.

METHODS

- This cross-sectional study examines the relationship between physical activity levels and quality A total of 103 participants, all of whom had previously been diagnosed with COVID-19, were recruited for the study..
- To evaluate physical activity, the study employed the International Physical Activity Questionnaire (IPAQ), a validated tool widely used in both clinical and research settings.
- Quality of life was assessed using the SF-36 Health Survey, which provides a comprehensive measure of physical, emotional, and social well-being across multiple domains. Both questionnaires were distributed and completed electronically via Google Docs, enabling efficient data collection while accommodating the accessibility needs of participants.

CONCLUSION(S)

- In conclusion, the majority of participants demonstrated low physical activity levels (PAL) and a reduced quality of life (QoL), highlighting the urgent need for prompt and targeted interventions to support physical function and overall well-being in individuals with Long COVID.
- My Future research will focus on developing cost-effective, community-based interventions aimed at improving physical activity levels and enhancing quality of life within this population.

IMPACT

- The result from this research may help to identify rehabilitation needs by helping healthcare professionals to understand the extent of physical and functional decline in those living with Long COVID, which is essential for designing tailored rehabilitation programmes, thereby guiding targeted Interventions.
- Moreover, the correlations between PA and QoL can inform the development of exercise-based interventions aimed at restoring mobility.
- Data from such studies can support policymakers in allocating resources, shaping rehabilitation guidelines, and creating frameworks for long-term support of post-COVID symptoms in individuals with Long COVID

REFERENCES

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RESULTS

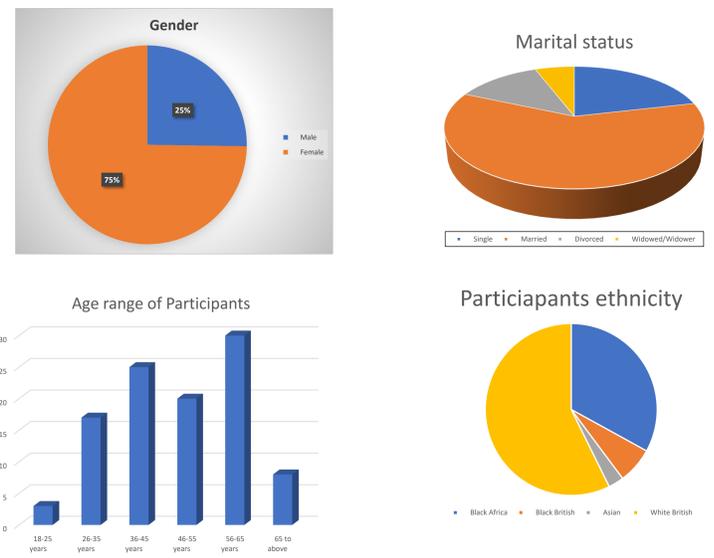


Figure 1: Shows demographic characteristics of Participants

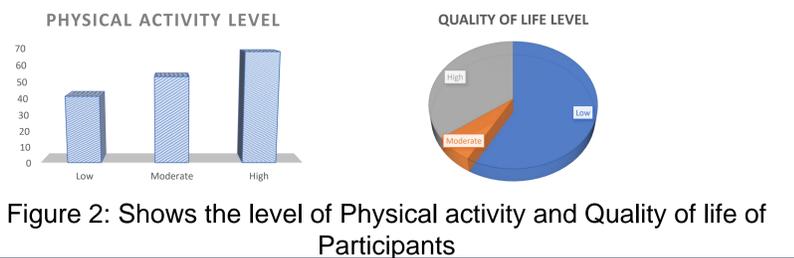


Figure 2: Shows the level of Physical activity and Quality of life of Participants

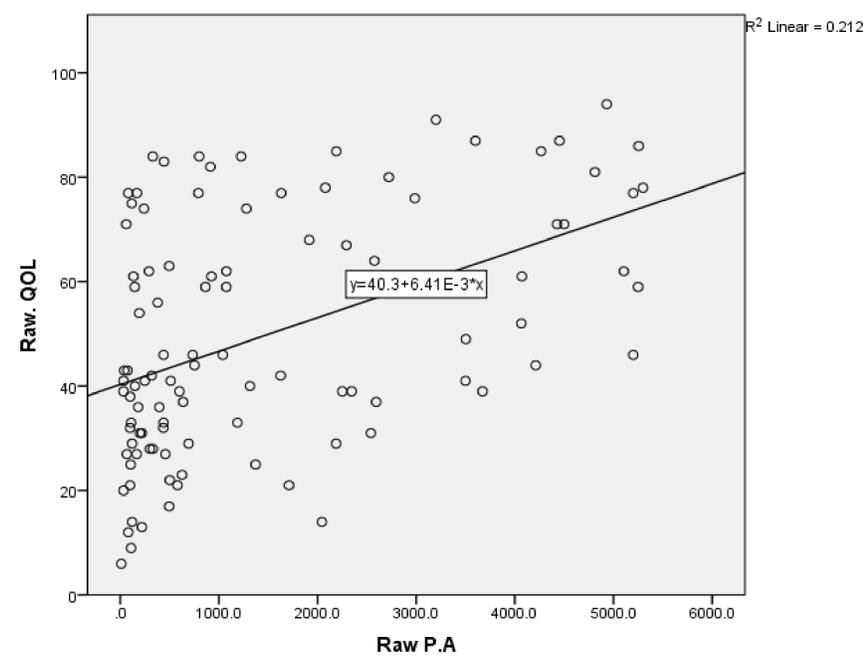


Figure 3: Show. Scatter Plot Showing the Relationship Between Physical Activity (P.A) and Quality of Life (QOL).

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