

Department of Medicine
University of Saskatchewan



**PARTICIPANTS NEEDED FOR
RESEARCH IN Long COVID Fatigue and Mental Health
Challenges**

We are looking for volunteers to take part in a study of the study “Optimizing Mental Health in Long COVID Individuals: Understanding Self-Care Practices for Fatigue.”

If you're 30-55, living in the prairie provinces, experiencing fatigue and are experiencing/experienced mental health challenges after COVID-19, and have access to the internet and a family doctor, we'd love your input.

Your participation would involve an 80-item survey taking 30-45 minutes and participate in two 45-60 minute Zoom interviews to share your experiences.

A \$50 honorarium is offered for participating in the study.

For more information about this study, or to volunteer for this study, please contact:

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This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board



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