



# Long-Term Complications Caused by COVID-19 in Survivors of the Severe form Referred to Shahid Beheshti Hospital in Kashan

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## ABSTRACT

**Introduction:** Long-term COVID-19 is the signs and symptoms that remain or develop after acute COVID-19 and disrupt patients' physical and mental functioning. The current study aimed to investigate the long-term complications caused by COVID-19 in survivors of the severe form of COVID-19 hospitalized in Shahid Beheshti Hospital in Kashan.

**Methods and Materials:** This research was a descriptive study. An infectious disease specialist and the positive PCR COVID-19 confirmed the diagnosis of the disease. The severity criterion was hospitalization in the ICU. The patients were selected by a simple random method. The checklist containing the research variables was completed through a phone call. Checklist information was entered into SPSS software and analyzed.

**Results:** Among the studied subjects, 56.2% were women, and the rest were men. The average age of the participants was  $72.27 \pm 14.20$  years; 39.5% were over 45 years old, 36.2% had an education level higher than a bachelor's degree, and 61% were city residents. The average number of physical complications was  $19.24 \pm 16.29$ , with fatigue being the most at 38.1%, while chest pain was the least reported complication (8.6%). The mean score for psychological complications was  $17.50 \pm 20.03$ . Anxiety was the most prevalent complication, affecting 28.1% of participants, while social phobia was the least common (11.9%). Physical complications were more common in men, workers, and rural residents. With the increasing age of patients, fewer psychological complications were observed. There were higher psychological complications in women and houseworkers.

**Conclusion and Discussion:** Long-term severe physical and mental symptoms in the severe form of COVID-19 vary depending on gender, age, job, and place of residence. Periodic follow-up and examinations of severe COVID-19 survivors are essential for understanding their challenges and addressing both their physical and mental complications.

**Keywords:** Complications, COVID-19, Survivors

