Brain and Cognition
DISCOVERY FOUNDATION

Long COVID Study Information Sheet

What is Long COVID?

Approximately 1/5 individuals diagnosed with COVID-19 experience persistent cognitive difficulties (including problems with memory, concentration, and mental fatigue) after they have recovered from the acute phase of their illness. These cognitive difficulties are one symptom of 'Long COVID', which is a syndrome composed of multiple persistent symptoms including, but not limited to, difficulty breathing, lack of smell or taste, headache, and muscle or joint pains.

What is the purpose of the Long COVID study?

Vortioxetine is a medication that is used to treat depressive symptoms and cognitive difficulties among patients with depression. The Long COVID study will help determine if vortioxetine is effective in people suffering from lingering brain fog from their prior COVID-19 infection.

Is vortioxetine Safe?

Vortioxetine (Trintellix) is a prescription drug that is approved by Health Canada and FDA-approved for use in patients with depression. The FDA also recognizes pro-cognitive effects of vortioxetine in persons with depression. The most common side effect is nausea, which normally subsides after a few days.

What should I know about this study?

If you are experiencing cognitive difficulties (e.g. problems with concentration, memory, and mental fatigue) that started or worsened after you were infected with COVID-19, you are invited to participate in this study. The study team will ask you some quick questions over the phone to see if you are eligible to participate and answer any further questions you may have. If you are eligible, you will be randomly assigned to receive either vortioxetine (medication) or placebo (e.g., sugar pill) once a day for 8 weeks. Neither you nor the study team members will know what you are getting until the study is complete.

During this 8-week period, your cognitive and mood symptoms will be monitored regularly. You will also be seen by a physician on the study team to see how you are doing at every visit. You will also be asked to provide a fasting blood sample at the start and end of the study. Lastly, you may be asked about your interests to voluntarily participate in an optional fMRI scan of your brain before and after the study. For more details about the study plan, please see the table below.

Which organization is running this study?

The Brain and Cognition Discovery Foundation (BCDF) is a registered non-profit organization with a focus on research and education in the areas of brain health and disease. Please visit https://www.bcdfoundation.ca/ for more information about BCDF.

What is the criteria for participation?

- Adults aged 18-65 years
- Confirmed positive prior COVID-19 diagnosis by polymerase chain reaction (PCR) test
- Experiencing persistent cognitive challenges following COVID-19 infection (i.e., brain fog, mental slowness, fatigue)
- Able to attend 4 clinic visits in Toronto area

Will compensation be provided?

You will receive a modest stipend for your time.

I have more questions/How can I participate?

Please call **647-450-8045** or email **longcovidbrain@gmail.com** to speak to a member of the research team and find out more information.

Study Visits

	Screening	**Baseline**	**Week 2**	**Week 4***	**Week 8**	**Post-Study Visit** (Optional)
Self-Completed and Study Staff Administered Questionnaires	X	X	X	X	X	
Evaluation by Doctor		X	X	X	X	X
Fasting Blood Work		X			X	
fMRI (optional)		X			X	
Approx. Total Time of Visit (hours)**	**2-3**	**2-3**	**1.5**	**1**	**2-3**	

*Week 4 visit may be done online

**Does not include time taken for optional fMRI scan.