



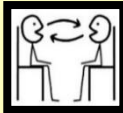









# What is the LISTEN trial?

The LISTEN trial is a randomised trial that aims to compare the LISTEN intervention, a personalised self-management support approach for people with long Covid to the usual long Covid care available in the NHS. We are particularly interested in the impact on the way people cope with their daily lives.

	<h2>How to get involved in LISTEN and what will happen</h2>	
<p>You can find out if you can take part on the LISTEN website. You will be asked to set up an account and asked several questions that will allow us to assess your eligibility.</p> <p><b>You can take part if you are:</b></p> <ul style="list-style-type: none"> <li>• 18 years old or older</li> <li>• Suffering from at least 1 long Covid symptom for 12 weeks or longer</li> <li>• You do not have any other progressive or palliative conditions</li> </ul> <p><b>You cannot take part if you were:</b></p> <ul style="list-style-type: none"> <li>• Hospitalised for treatment of Covid-19.</li> </ul> <p>If you are eligible, you will be asked if you want to consent to take part. You can do this online, face to face or over the telephone.</p>	<p><a href="http://www.listentrial.co.uk">www.listentrial.co.uk</a></p>     	
<p>You will then be asked to complete a set of online questionnaires that ask about your experiences of long Covid, your general health and daily life and your use of health and social care services.</p>		
<p>Once you have completed the questionnaires, we will use a computer system to decide whether you receive the LISTEN intervention or continue with the usual care that is available in the NHS, the choice of which is based entirely on chance.</p>	  	
<p>After <b>6 weeks</b> you will be asked for more information about how you are feeling and your use of health and social care services. After <b>3 months</b>, you will be asked to complete the same set of questionnaires that you completed at baseline. You may also be invited for an interview to discuss your experiences of being involved.</p>		
<p>The study team will analyse all the information provided within the trial and once the trial is completed, the results will be shared widely. We hope that this research will improve the ways in which individuals living with long Covid can cope with the challenges they experience in everyday life.</p>		
<p><b>Where to get further information?</b> Please contact the Trial Team by email at <a href="mailto:Listen@cardiff.ac.uk">Listen@cardiff.ac.uk</a> or on 02922 514080</p>		