Post-SARS-CoV-2 Symptoms and Conditions in Patients Aged 18 and Older

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Despite testing negative for SARS-CoV-2, numerous patients began reporting a broad spectrum of acute post-recovery medical symptoms (Post Acute Sequelae of SARS-CoV-2 (PASC)), which they were asymptomatic before contracting SARS-CoV-2. While post-recovery respiratory illnesses symptoms are not uncommon, the extent and longevity of PASC is unique. A study was undertaken to confirm the constellation of PASC symptoms, the demographics of PASC, and differences in PASC cohorts. A 17 page survey identifying 62 physical and psychological symptoms was promoted on social media sites focused on PASC for participation by adults (aged 18+) who had contracted SARS-CoV-2 with a confirmed positive antigen (nasal swab) or antibody (blood) test using a Likert scale to determine the severity of the symptoms. 1,014 responses were assessed for eligibility. Data was collected over several months beginning in mid-June 2021 and analyzed in R Studio, using Fisher's Exact Test to define the odds ratio and the proportion of the symptoms. The survey data supported the existence of several statistically significant PASC symptoms regardless of age, the high prevalence of PASC in the majority of "recovered" patients, particularly females (who exhibited 32 symptoms vs. 24 for males, a 33% differential), statistically significant PASC gender differences with males experiencing a greater likelihood of thoughts of suicides and strokes, and a higher prevalence of PASC in hospitalized vs non-hospitalized patients. These results may be useful in guiding medical professionals in treating patients infected with future coronavirus variants and PASC. Based on the demographic findings, further research should be undertaken on what accounts for PASC's gender skewed etiology of this vexing new chronic illness.

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