A new study exploring the effectiveness of a long Covid intervention is looking for people living with the condition to take part.

The Long COVID Personalised Self-management support co-design and Evaluation ([LISTEN](http://www.listentrial.co.uk)) study will evaluate the effectiveness of a new personalised support programme, co-designed by people living with long Covid.

Participants will be randomly selected into two groups, one receiving the LISTEN support package, which will involve a resource book and up to six, one-to-one video or telephone call support sessions, with the other group receiving their usual local NHS services.

The study is open to anyone over 18 years of age who has been experiencing long Covid symptoms for 12 weeks or more and has consulted with their GP.

Carol from our Patient & Public Involvement group says “I’m one of the people involved in the LISTEN trial and if you take part, you may read more about my story and those of other people. I can’t read a book at the moment, but the handbook is nice and easy to access and I’m sure you’ll find it useful. Don’t be put off by the thought of any forms or telephone calls, the people at LISTEN really understand and individualise the approach to what works for you. My advice would be, don’t miss this opportunity, grab it, and don’t delay. I wish this had been around for me when I was earlier in my journey, but I’m very proud to be part of the project now.”

The LISTEN study is now open for recruitment. Please visit [www.listentrial.co.uk](http://www.listentrial.co.uk) for more information and to register your interest in taking part.