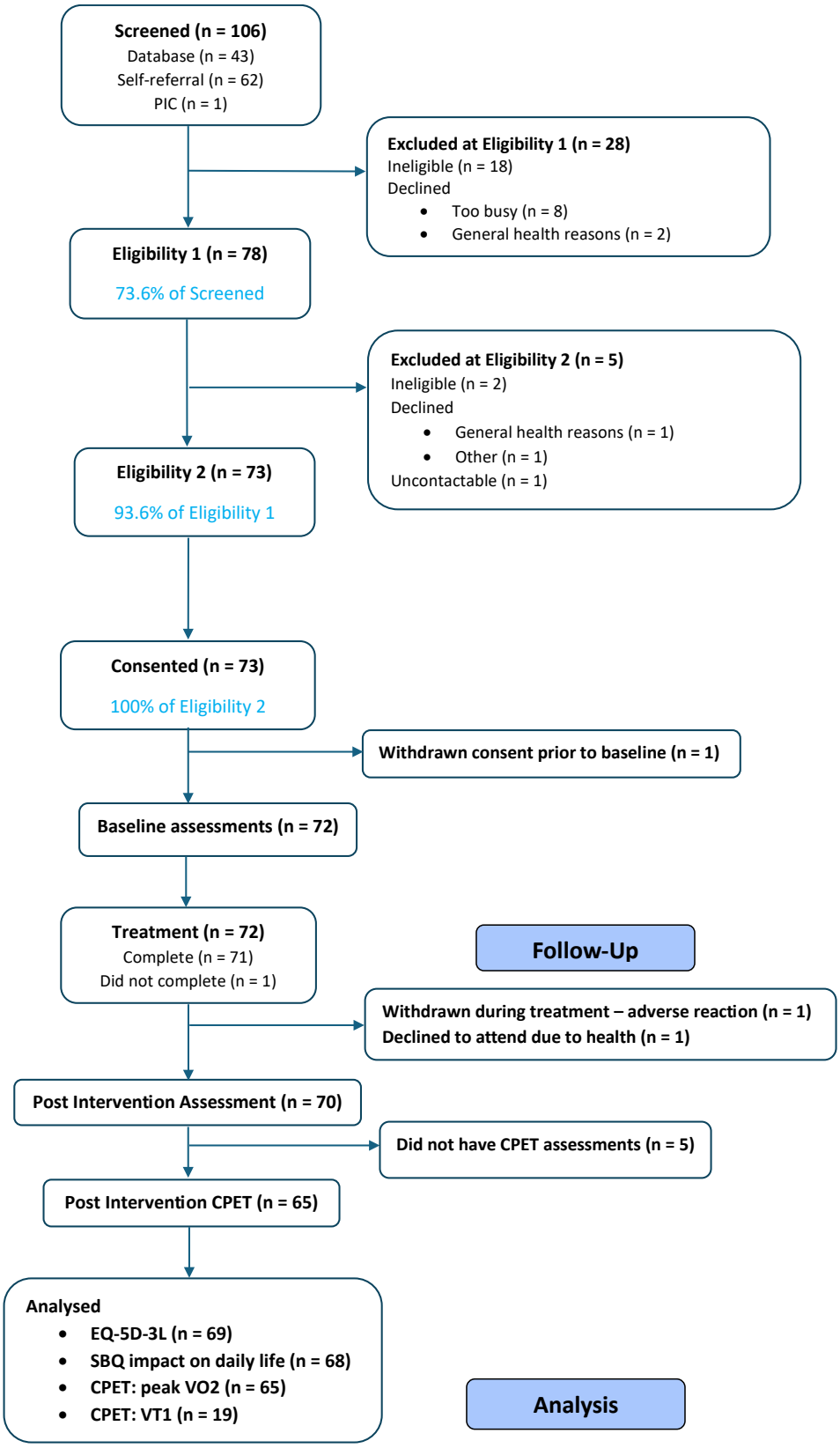
ERASE EoT Report

February 2026

Participant Flow Diagram:



Baseline Characteristics

Table 1: shows the summary statistics of the baseline characteristics and demographics. The mean (SD) age of participants was 49.8 (11.8) years. There was a larger proportion of females at the Exeter site. Sixty-nine (96%) participants in the study were of white ethnicity. The mean (SD) BMI of participants was 28.4 (5.4).

Table 1: Summary statistics for baseline characteristics and demographics – n (%) unless otherwise stated

		Derby (n=53)	**Exeter** (n=20)	**All** (n=73)
Age (years)				
n: mean (SD) [min,max]		52: 50.1 (11.3) [26.0, 72.0]	20: 49.0 (13.2) [19.0, 80.0]	72: 49.8 (11.8) [19.0, 80.0]
median (Q1,Q3)		50.5 (43.0, 58.0)	47.0 (43.5, 56.5)	49.5 (43.0, 57.5)
Missing		1 (1.9)	0 (0.0)	1 (1.4)
	Male	22 (42.3)	5 (25.0)	27 (37.5)
	Female	30 (57.7)	15 (75.0)	45 (62.5)
	Missing	1 (1.9)	0 (0.0)	1 (1.4)
Ethnicity	White	49 (94.2)	20 (100.0)	69 (95.8)
	Mixed/ Multiple	0 (0.0)	0 (0.0)	0 (0.0)
	Asian[1]	2 (3.8)	0 (0.0)	2 (2.8)
	Black[2]	1 (1.9)	0 (0.0)	1 (1.4)
	Other	0 (0.0)	0 (0.0)	0 (0.0)
	Missing	1 (1.9)	0 (0.0)	1 (1.4)
Height (cm)				
n: mean (SD) [min,max]		52: 170.0 (8.4) [152.0, 187.6]	20: 170.4 (8.4) [156.8, 187.6]	72: 170.1 (8.3) [152.0, 187.6]
median (Q1,Q3)		171.0 (164.0, 174.8)	170.6 (163.3, 174.1)	171.0 (163.8, 174.6)
Missing		1 (1.9)	0 (0.0)	1 (1.4)
Weight (kg)				
n: mean (SD) [min,max]		52: 84.4 (16.7) [54.2, 116.3]	20: 76.2 (17.1) [59.1, 123.3]	72: 82.1 (17.1) [54.2, 123.3]
median (Q1,Q3)		84.3 (70.6, 99.2)	71.1 (64.6, 85.0)	80.1 (68.1, 96.1)
Missing		1 (1.9)	0 (0.0)	1 (1.4)
BMI (kg/m^2)				
n: mean (SD) [min,max]		52: 29.2 (5.2) [21.3, 41.6]	20: 26.2 (5.5) [19.4, 41.2]	72: 28.4 (5.4) [19.4, 41.6]
median (Q1,Q3)		28.5 (24.4, 34.1)	25.1 (22.9, 28.2)	27.1 (24.1, 31.7)
Missing		1 (1.9)	0 (0.0)	1 (1.4)

[1]Asian/Asian British

[2]Black/African/Caribbean/Black British

Outcome Measures:

Table 2 shows the recruitment pathway by site. One participant at the Derby site was identified through a Long Covid (LC) referral at a PIC site and was therefore consented into the study. In total, 43 participants were self-referred through the database and 32 (74%) participants consented. Across both sites, 62 participants were self-referred through the website and 40 (65%) participants consented.

Table 2: Recruitment by site – n (%)

	Derby				**Exeter**				**Total**
	LC clinic referral (PIC)	**Self referral (database)**	**Self-referral (Website)**	**Total**	**LC clinic referral (PIC)**	**Self-referral (database)**	**Self-referral (Website)**	**Total**	
Number from each pathway	1 (1.6)	27 (43.5)	34 (54.8)	62 (58.5)	0 (0.0)	16 (36.4)	28 (63.6)	44 (41.5)	106 (100)
Approached	1 (1.6)	27 (43.5)	34 (54.8)	62 (58.5)	0 (0.0)	16 (36.4)	28 (63.6)	44 (41.5)	106 (100)
Eligible	1 (1.9)	25 (47.2)	27 (50.9)	53 (72.6)	0 (0.0)	7 (35.0)	13 (65.0)	20 (27.4)	73 (68.9)
Informed consent	1 (1.9)	25 (47.2)	27 (50.9)	53 (72.6)	0 (0.0)	7 (35.0)	13 (65.0)	20 (27.4)	73 (68.9)
Baseline assessments	1 (1.9)	24 (46.2)	27 (51.9)	52 (72.2)	0 (0.0)	7 (35.0)	13 (65.0)	20 (27.8)	72 (67.9)

Table 3 shows the completeness of the clinical assessments, which were good (≥85%) at both sites for all clinical assessments at each time point.

Table 3: Completeness of clinical assessments – n (%)

Measure	**Time-point**	**Derby** (n=53)	**Exeter** (n=20)	**All** (n=73)
MIP	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Post-intervention	51 (96.2)	19 (95.0)	70 (95.9)
MEP	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Post-intervention	51 (96.2)	19 (95.0)	70 (95.9)
Lung function	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Post-intervention	51 (96.2)	19 (95.0)	70 (95.9)
Systolic pressure	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Day 7	51 (96.2)	19 (95.0)	70 (95.9)
	Day 8	50 (94.3)	19 (95.0)	69 (94.5)
	Post-intervention	51 (96.2)	19 (95.0)	70 (95.9)
	Day 51	47 (88.7)	19 (95.0)	66 (90.4)
	Day 52	50 (94.3)	17 (85.0)	67 (91.8)
Diastolic pressure	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Day 7	51 (96.2)	19 (95.0)	70 (95.9)
	Day 8	50 (94.3)	19 (95.0)	69 (94.5)
	Post-intervention	51 (96.2)	19 (95.0)	70 (95.9)
	Day 51	47 (88.7)	19 (95.0)	66 (90.4)
	Day 52	50 (94.3)	17 (85.0)	67 (91.8)
Oxygen saturation	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Day 7	52 (98.1)	19 (95.0)	71 (97.3)
	Day 8	52 (98.1)	19 (95.0)	71 (97.3)
	Post-intervention	51 (96.2)	19 (95.0)	70 (95.9)

Measure	Time-point	**Derby** (n=53)	**Exeter** (n=20)	**All** (n=73)
	Day 51	49 (92.5)	19 (95.0)	68 (93.2)
	Day 52	50 (94.3)	17 (85.0)	67 (91.8)
Breathing rate	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Day 7	52 (98.1)	19 (95.0)	71 (97.3)
	Day 8	52 (98.1)	19 (95.0)	71 (97.3)
	Post-intervention	51 (96.2)	19 (95.0)	70 (95.9)
	Day 51	49 (92.5)	19 (95.0)	68 (93.2)
	Day 52	49 (92.5)	17 (85.0)	66 (90.4)
Resting heart rate	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Post-intervention	51 (96.2)	19 (95.0)	70 (95.9)
Body temperature	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Day 7	52 (98.1)	18 (90.0)	70 (95.9)
	Day 8	52 (98.1)	19 (95.0)	71 (97.3)
	Post-intervention	51 (96.2)	19 (95.0)	70 (95.9)
	Day 51	49 (92.5)	19 (95.0)	68 (93.2)
	Day 52	50 (94.3)	17 (85.0)	67 (91.8)
All biomarkers and inflammatory profiles	Baseline	49 (92.5)	20 (100.0)	69 (94.5)
	Day 7	50 (94.3)	19 (95.0)	69 (94.5)
	Day 8	47 (88.7)	20 (100.0)	67 (91.8)
	Post-intervention	48 (90.6)	19 (95.0)	67 (91.8)
	Day 51	49 (92.5)	17 (85.0)	66 (90.4)
	Day 52	46 (86.8)	17 (85.0)	63 (86.3)
6-minute walk test	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Post-intervention	50 (94.3)	19 (95.0)	69 (94.5)

Table 4 shows the completeness of the patient report outcome measures (PROMs). Apart from the SBQ™-LC, completeness of the PROMs was above 90% at each time point. The SBQ™-LC was fully completed by 64% of participants at baseline and 52% of participants at the post-intervention assessment. Excluding the sexual health domain, this increases to 95% and 81% for baseline and post-intervention respectively.

Table 4: Completeness of patient reported outcome measures – n (%)

	Time-point	**Derby** (n=53)	**Exeter** (n=20)	**All** (n=73)
SBQ™-LC	Baseline	32 (60.4)	15 (75.0)	47 (64.4)
	Day 7	30 (56.6)	11 (55.0)	41 (56.2)
	Day 8	23 (43.4)	13 (65.0)	36 (49.3)
	Post-intervention	24 (45.3)	14 (70.0)	38 (52.1)
	Day 51	28 (52.8)	12 (60.0)	40 (54.8)
	Day 52	30 (56.6)	13 (65.0)	43 (58.9)
SBQ™-LC (excluding sexual health sub-scale)	Baseline	49 (92.5)	20 (100.0)	69 (94.5)
	Day 7	44 (83.0)	18 (90.0)	62 (84.9)
	Day 8	37 (69.8)	20 (100.0)	57 (78.1)
	Post-intervention	39 (73.6)	20 (100.0)	59 (80.8)
	Day 51	42 (79.2)	19 (95.0)	61 (83.6)
	Day 52	43 (81.1)	19 (95.0)	62 (84.9)
EQ-5D-5L	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Post-intervention	49 (92.5)	20 (100.0)	69 (94.5)
Fatigue Assessment Scale	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Day 7	51 (96.2)	19 (95.0)	70 (95.9)

	Time-point	**Derby** (n=53)	**Exeter** (n=20)	**All** (n=73)
	Day 8	49 (92.5)	20 (100.0)	69 (94.5)
	Post-intervention	48 (90.6)	20 (100.0)	68 (93.2)
	Day 51	49 (92.5)	19 (95.0)	68 (93.2)
	Day 52	48 (90.6)	20 (100.0)	68 (93.2)
Modified Fatigue Impact Scale	Baseline	51 (96.2)	20 (100.0)	71 (97.3)
	Day 7	51 (96.2)	19 (95.0)	70 (95.9)
	Day 8	46 (86.8)	20 (100.0)	66 (90.4)
	Post-intervention	49 (92.5)	20 (100.0)	69 (94.5)
	Day 51	49 (92.5)	19 (95.0)	68 (93.2)
	Day 52	47 (88.7)	20 (100.0)	67 (91.8)
PDQ-5	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Post-intervention	48 (90.6)	20 (100.0)	68 (93.2)
GAD-7	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Post-intervention	49 (92.5)	20 (100.0)	69 (94.5)
DePaul Symptom Questionnaire	Baseline	52 (98.1)	20 (100.0)	72 (98.6)
	Post-intervention	47 (88.7)	20 (100.0)	67 (91.8)
Post-COVID-19 Functional Status	Baseline	51 (96.2)	20 (100.0)	71 (97.3)
	Post-intervention	48 (90.6)	20 (100.0)	68 (93.2)
mMRC Dyspnoea Scale	Baseline	50 (94.3)	20 (100.0)	70 (95.9)
	Post-intervention	49 (92.5)	19 (95.0)	68 (93.2)

Table 5 shows adherence to the treatment regime. Of the 73 participants who consented, 71 (97%) adhered to the treatment regime fully (i.e. attended of 5 days of IMP) due to there being two withdrawals (one prior to baseline and one after day 2 of IMP). Blood samples were retaken at the detailed screen for 3 participants at Derby and for 5 participants at Derby for the safety blood check.

Table 5: Intervention adherence – n (%) for each session

Session		**Number (%) attending at each site**		**Cumulative total n (%)**
		Derby	Exeter	
Treatment day	1	52 (98.1)	20 (100.0)	72 (98.6)
	2	52 (98.1)	20 (100.0)	72 (98.6)
	3	51 (96.2)	20 (100.0)	71 (97.3)
	4	51 (96.2)	20 (100.0)	71 (97.3)
	5	51 (96.2)	20 (100.0)	71 (97.3)
Safety blood check		52 (98.1)	20 (100.0)	72 (98.6)

Adverse Events:

Table 6 summarises the safety data. There was one serious adverse event, unrelated to the intervention. There were 64 adverse events (including 47 adverse reactions) affecting 26 (36%) participants. Twenty-two (31%) participants experienced adverse reactions. Of the 47 adverse reactions reported, 92% were of mild severity and none were of severe severity.

Table 6: Summary statistics of safety data – n (%) unless otherwise stated

Type			
SAEs[1]	**Relatedness, yes**		0 (0.0)
	Mild severity		0 (0)
	Moderate severity		0 (0)
	Severe severity		1 (100)
	Number of participants		1 (1.4)
ARs	**Severity**	n: [min,max]	47: [1.0, 2.0]
		median (Q1,Q3)	1.0 (1.0, 1.0)
	Mild severity		43 (91.5)
	Moderate severity		4 (8.5)
	Severe severity		0 (0.0)
	Number per participant	n: [min,max]	22: [1.0, 5.0]
		median (Q1,Q3)	2.0 (1.0, 3.0)
	Number of participants		22 (30.6)
AEs[2]	**Relatedness, yes**		47 (73.4)
	Severity	n: [min,max]	64: [1.0, 3.0]
		median (Q1,Q3)	1.0 (1.0, 1.0)
	Mild severity		49 (76.6)
	Moderate severity		9 (14.1)
	Severe severity		6 (9.4)
	Number per participant	n: [min,max]	26: [1.0, 8.0]
		median (Q1,Q3)	2.0 (1.0, 3.0)
	Number of participants		26 (36.1)

[1]including SARs and SUSARs; [2]including ARs