

An international survey study exploring the experiences of professional, semi-professional and high level athletes/sportspeople/dancers with Long COVID and Myalgic Encephalomyelitis (ME/CFS)

Participant Debrief Sheet

Thank you for participating in this **online survey**. Your responses are part of a study that aims to explore the experiences of athletes/sportspeople/dancers who develop Long COVID and/or Myalgic Encephalomyelitis /Chronic Fatigue Syndrome (ME/CFS). It is known that many athletes/sportspeople/dancers have ME/CFS and/or Long COVID but there is a lack of formal studies in this area. Every experience is valuable so we really appreciate your thoughts on this topic. We hope that by providing this information you will help athletes in the future who develop post-viral conditions such as Long COVID and ME/CFS.

We hope that you have found it interesting and have not been upset by any of the topics discussed.

If you have any queries about the study or wish to speak with a member of the research team, please contact: **Dr Nicola Clague-Baker** – nicola.baker@liverpool.ac.uk. Tel: **07912950671**

If you have found any part of this experience to be distressing, please consider speaking with someone that you trust such as a family member or friend. You may also consider speaking with one of the organisations below for additional support:

Organisations	
NHS Direct	NHS talking therapies https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/
The ME Association	www.MEAssociation.org.uk ME Connect: 0800 538 5200
Physiosforme	www.physioforme.com
Long COVID Physio	www.longcovidphysio.com

Also:

- 24 hours access <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- Free counselling on the NHS <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>
- Also please contact your GP if you need further support.