



ReDIRECT

Remote Diet Intervention to
REduce long COVID symptoms Trial

The ReDIRECT study newsletter

May 2023 - issue 3

Welcome to the third issue of the ReDIRECT study newsletter.

ReDIRECT is funded by the UK National Institute for Health and Care Research (NIHR) and led by the University of Glasgow. The study is testing a remotely supported weight management programme for people living with Long COVID.

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Study progress update

Recruitment to the ReDIRECT study is complete. The 6-month timepoint and the delayed entry to the weight management programme for those who were randomised to the control group are complete, while 53 participants in the treatment group have reached the end of the trial. We thank all the participants for their continued input into the trial!

The ReDIRECT participants at baseline

Thanks to the remote delivery of the study, we were able to recruit participants from across the UK. ReDIRECT participants are mostly women from a range of socioeconomic backgrounds, and over a third of participants work in the healthcare sector. The main Long COVID symptoms match those described elsewhere, with fatigue being the most important symptom for the majority of participants.

By Laura Haag, ReDIRECT research associate

Where our participants live

England **63%**

Scotland **31%**

Wales **5%**

Northern Ireland **1%**



Measure of area deprivation

13%

19%

19%

22%

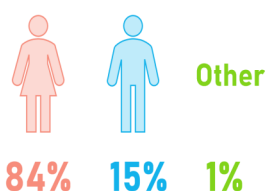
27%

Most deprived

Least deprived

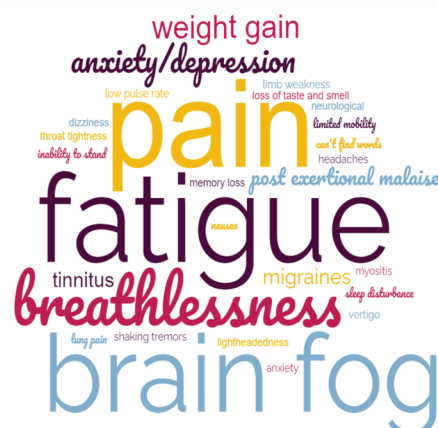
Age Range
18 – 81 years

Average age
46 years



>37% work in the health care sector.

The majority (55%) chose **Fatigue** as their dominant Long COVID symptom.



Wordcloud for dominant Long COVID symptoms

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LONG COVID SCOTLAND

NHS
Greater Glasgow and Clyde



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Publications



We have published the **ReDIRECT Study protocol** in NIHR Open Research. The protocol describes the study in detail and is open access (free of charge). You can read it here:

<https://openresearch.nihr.ac.uk/articles/2-57>




LONG COVID SCOTLAND has published the **Impact on our**

Lives report detailing the damaging impact long COVID is having on the thousands of sufferers across Scotland. People with Long COVID were asked to respond to a number of questions regarding their symptoms, the progression of their condition and how it impacted various areas of their life such as financial stability and family life. You can read the full report here: <https://tinyurl.com/LCSsurveyreport>

KEEP IN TOUCH

 @ReDIRECT_study

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More about ReDIRECT:

 <https://redirectstudy.co.uk/>

Public engagement

The ReDIRECT team shares study news and findings in several different ways, including this newsletter and our website. For instance, at the beginning of the project, members of the team talked about the study on a couple of radio programmes: Dr David Blane was interviewed on BBC Radio Scotland's *Lunchtime Live* show while Dr Naveed Sattar was interviewed on [Radio Awaz FM Glasgow](#).

Then, during recruitment, ReDIRECT researchers organised two weekend outreach health events at the Berkeley Street and Albert Drive Gurdwaras in Glasgow, promoting diversity of participants. We also published the ReDIRECT Study protocol describing the study in detail in *NIHR Open Research* (see *Publications*, on left).

Importantly, the contributions of people living with Long COVID have been integral to the development and implementation of the study, and Long COVID groups such as Long COVID Scotland have played a crucial role in raising awareness of our work (see, for instance, this [Long Covid podcast](#)).

Future plans include an opportunity for people to have informal discussions about the study on Saturday 10th June, when ReDIRECT researchers will discuss their work with the public at the University of Glasgow's *Feel Good Future Community Day*, at the new Clarice Pears Building, off Byres Road, Glasgow. All are welcome.

By Yvonne Cunningham, ReDIRECT research associate



Image: Testing out the exhibits in preparation for the *Feel Good Future Community Day*

Sharing findings – change of date!

We are planning a 'roundtable' event with stakeholders, academic colleagues and participants in September 2023 (date to be confirmed). The meeting will be hybrid, to enable as many colleagues as possible to join us to discuss ReDIRECT. Please contact us with suggestions for questions or topics that you would like to discuss.

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