

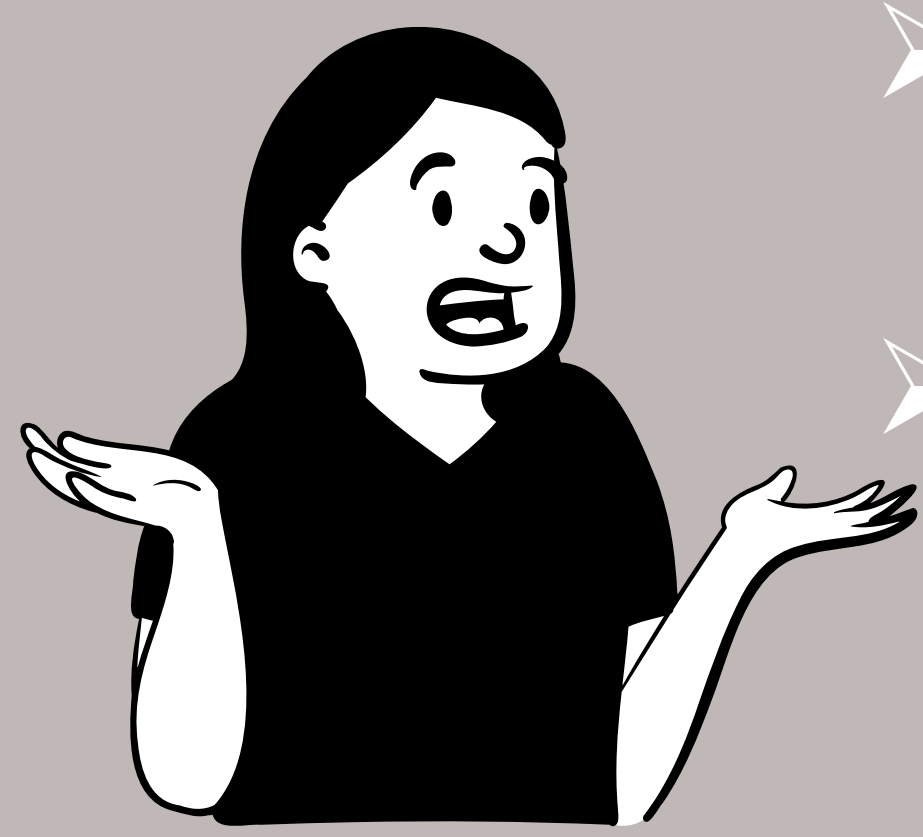
# Understanding a Danish Long COVID Rehabilitation Intervention

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**Preliminary results – do not cite or reference**

## 1. Why was this study needed?

A Danish out-patient long COVID rehabilitation intervention (*The Long COVID Rehabilitation intervention*) was developed and implemented by health professionals



- Sparse knowledge on how, why and for whom the intervention works
- Understanding its function requires exploration of underlying mechanisms and programme theory

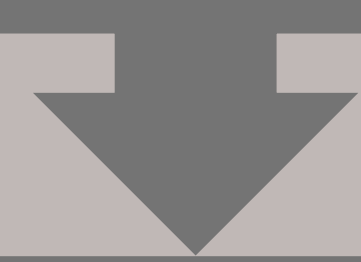
## 2. What was the aim?

To explore the interactions between the intervention mechanisms, the implementation context, and the expected outcomes of the intervention to confirm or refine the initial programme theory.

## 3. What did we do?

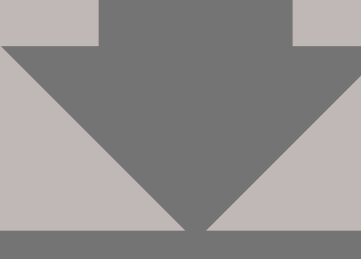
We conducted a qualitative interview study from a realist perspective, where we...

1. Described the initial programme theory expressed with context-mechanism-outcome configurations (CMOCs)



2. Collected interview data

12 individual patient interviews	Individual interview with manager	Focus group interview with 5 health professionals
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3. Analysed interview data based on initial CMOCs



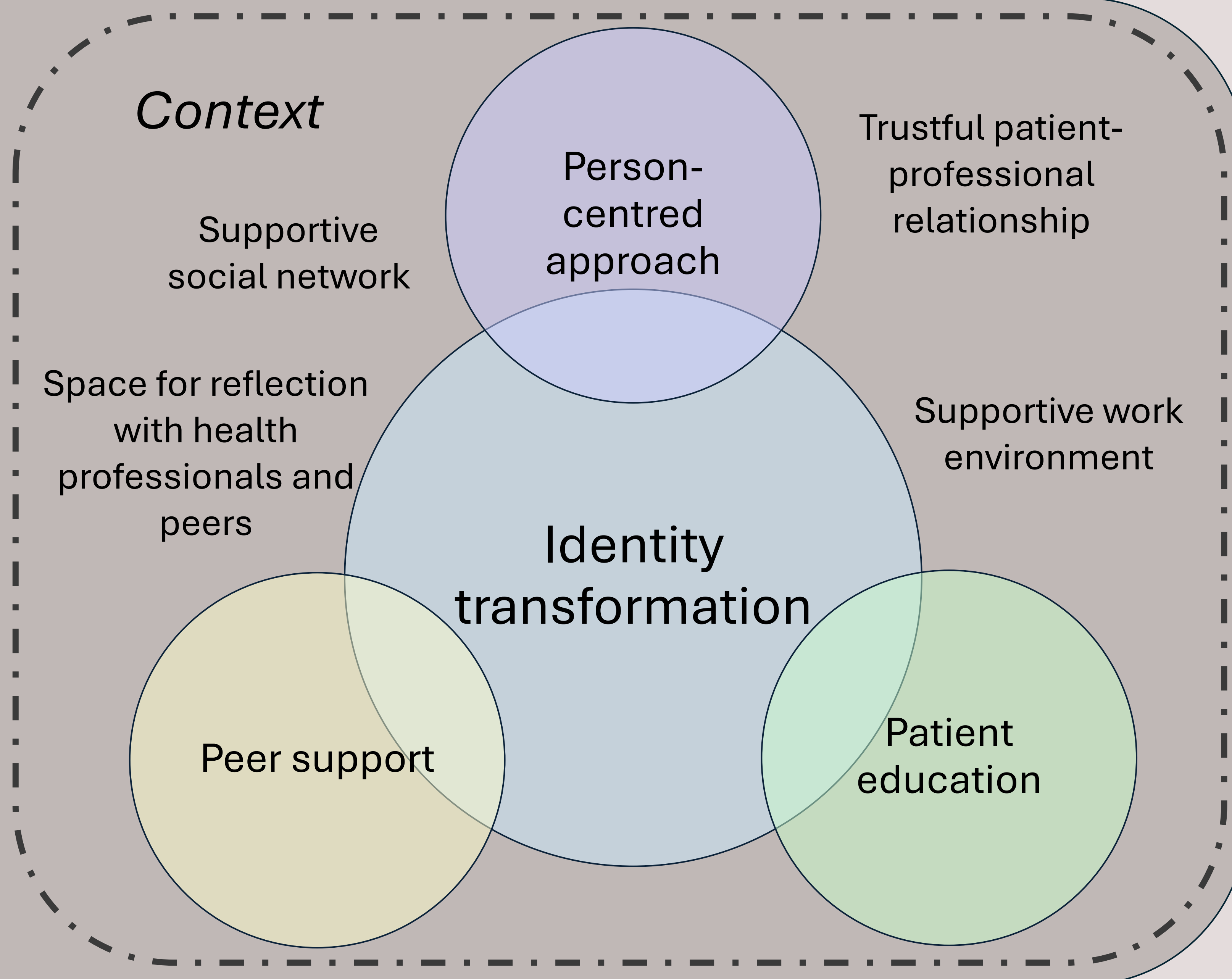
4. Tested and refined CMOCs based on interview data

## 4. What did we find?

Preliminary results suggest

- Interconnectedness of the CMOCs with identity transformation central to the functioning of the intervention
- Acceptance as an overarching mechanism
- The intervention empowered the patients to navigate daily life and engage in meaningful activities despite ongoing symptoms

In **conclusion**, the study will provide a theoretical understanding of *The Long COVID Rehabilitation Intervention* supporting development of future long COVID rehabilitation interventions.



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