Summary of Clinical Trial Results

RECOVER NEURO

Cognitive Dysfunction (BrainHQ, PASC-CoRE, & tDCS)

What was the trial about?

Many people with Long COVID have symptoms of cognitive dysfunction, which can include trouble remembering things, focusing, and thinking clearly. The RECOVER-NEURO clinical trial tested three non-drug treatments that have been used before to improve brain function in people with brain injuries and other conditions.

Researchers wanted to learn whether these treatments could help people with similar symptoms related to Long COVID. The RECOVER-NEURO team worked closely with Patient, Caregiver, and Community Representatives to ensure the trial reflected the needs and experiences of those most affected by cognitive symptoms of Long COVID.

THE TRIAL INVOLVED:

328 adults

22 sites in the U.S.

Data collected from **August 2023** to **December 2024**

What did researchers find?

- All the treatment groups and comparison groups reported similar improvement in their thinking, focus, and memory.
- People in all five groups—including those using only games or placebo—reported some improvement over time.
- Many participants across all groups said they felt better overall after they completed their assigned treatment.

Treatment groups received one of the active treatments being tested. They all received BrainHQ.

Comparison groups provided data that were used as points of comparison for researchers to learn how the different active treatments affected participants' brain function.

THREE GROUPS RECEIVED ACTIVE TREATMENTS:

1. **BrainHQ** – an interactive online brain training program with activities designed to improve memory, attention, and the time it takes to understand and respond to information.

2. **PASC-Cognitive Recovery (PASC-CoRE)** – a virtually delivered, small group cognitive rehabilitation program designed to help participants learn skills and strategies for working through distractions and mental tiredness, plus BrainHQ.

3. **tDCS-active** – transcranial direct current stimulation (tDCS), a cap that provided a non-invasive form of brain stimulation via electrical current, plus BrainHQ.

TWO COMPARISON GROUPS WERE ALSO INCLUDED:

4. **BrainHQ active comparator** – a computer puzzle and game program that looked the same as BrainHQ but did not include the same interactive features.

5. **tDCS-comparator** – a device that looked like the tDCS cap but did not deliver the same electrical current, plus BrainHQ.

What did participants do?

Completed the study activities at home based on their assigned group for 10 weeks.

Visited their study clinic three times.

Took surveys and brain function tests to track any changes in symptoms.

Why is this research important?

Sharing these results helps improve our collective knowledge of what non-drug treatments are effective for cognitive symptoms of Long COVID. This information can help shape the future of Long COVID care. The RECOVER-NEURO team of researchers, clinicians, and community partners is deeply grateful to the participants whose time and commitment made this research possible.

RECOVER NEURO

Learn more at: https://trials.recovercovid.org/neuro

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This research summary was completed in September 2025. Newer information may now be available. This summary reflects results from one trial; other studies may find different results.