Post-Exertional Malaise (effects of physical and mental activity on symptoms)

Post-Exertional Malaise

Worsening or relapse of symptoms after physical and/or mental activity

During your COVID-19 recovery, have you experienced any worsening or relapse of your symptoms after physical activity or mental activity? *

☐ Yes
☐ No

How strongly have you experienced worsening/relapse of your symptoms, on average? Please keep the slider at 0 if you did not experience this. *

<table>
<thead>
<tr>
<th></th>
<th>No post-exertional malaise</th>
<th>Some post-exertional malaise</th>
<th>Strong post-exertional malaise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Cognitive</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
If you have experienced worsening or a relapse after **Physical** Activity, when does the worsening/relapse of symptoms happen? *

- [ ] Immediately
- [ ] The same day, after a few hours
- [ ] The following day
- [ ] A couple of days later
- [ ] It varies
- [ ] I do not experience worsening/relapse of symptoms after Physical Activity

If you have experienced worsening or a relapse after **Mental** Activity, when does the worsening/relapse of symptoms happen? *

- [ ] Immediately
- [ ] The same day, after a few hours
- [ ] The following day
- [ ] A couple of days later
- [ ] It varies
- [ ] I do not experience worsening/relapse of symptoms after Mental Activity

How long does the worsening/relapse of symptoms usually last following Physical or Mental Activity? *

- [ ] Few hours
- [ ] Few days
(Optional) Please explain anything else you'd like to share about your experience with Post-Exertional Malaise. For instance, you can list the type of activities that worsens your symptoms strongest (walking, strenuous exercise, reading, watching movies, etc).

When did you experience these symptoms? *

Please mark symptoms for the first 4 weeks, then months (if applicable). Even if you have only experienced these symptoms for part of a week or month, please select it.

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Month 2</th>
<th>Month 3</th>
<th>Month 4</th>
<th>Month 5</th>
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Worsening/relapses of symptoms from physical and mental exertion

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