

# Short-Term and Long-Term Impact of COVID-19 on Quality of Life and Psychological Outcomes in Saudi Arabia: A Comparative Cross-Sectional Study [Letter]

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## Dear editor

We have read a research article entitled “Short-Term and Long-Term Impact of COVID-19 on Quality of Life and Psychological Outcomes in Saudi Arabia: A Comparative Cross-Sectional Study” by Althomali et al,<sup>1</sup> recently published in Journal of Multidisciplinary Healthcare. We congratulate the authors on this successful article and make some contributions. There are five strengths of this study: 1) This study provides valuable insights into the short- and long-term impact of COVID-19 on mental health and quality of life in the Saudi population, 2) The study utilized tested and valid measurement tools, such as the SF-36, HAM-A, and HDRS questionnaires, which increased the reliability and validity of the data collected, 3) This study provides a temporal assessment of individuals who have been infected with COVID-19 at various points in time to understand the impact of the evolution of the pandemic over time, 4) This study highlights the importance of ongoing mental health support for individuals post-infection, as well as the psychological and quality of life impacts that extend beyond medical parameters, 5) This study provides insights into patterns of psychological adjustment over time, by showing increased symptoms of anxiety and depression in individuals infected one year earlier compared to individuals infected more than one year ago.

However, we have also discovered several limitations that need to be corrected in the future, namely: 1) Potential bias in data collection conducted online, due to voluntary participation and limited researcher control over the data collection environment, 2) Limitations in evaluating potential confounding factors not measured in the study, such as access to mental health services, social support, and environmental conditions, 3) Absence of information on medication use or treatments that may affect mental health and quality of life outcomes, which may limit understanding of the full impact of COVID-19, 4) Potential differences in interpretation or perception of the questions in the questionnaires used, which may affect the reliability and validity of the study results, 5) Absence of information on specific vaccination status, such as the type of vaccine received by participants, the dose administered, and the timing of vaccination, which may affect the response to infection and its long-term impact.

To obtain better results, we recommend that further research be carried out by 1) Longitudinal studies that allow long-term monitoring of individuals infected with COVID-19 at various time points will provide a deeper understanding of the impact of the evolution of the pandemic over time, 2) Future research could consider potential confounding factors, such as access to healthcare and social characteristics, to better understand the factors that influence mental health and quality of life post-infection,<sup>2</sup> 3) Further research could consider using more objective data collection methods, such as direct measurement, to reduce potential bias in self-assessment, 4) Could expand geographic coverage to compare the impact of COVID-19 on mental health and quality of life across different populations and cultural contexts.<sup>3</sup>

In conclusion, This study makes a significant contribution to understanding the short- and long-term impacts of COVID-19 on mental health and quality of life in the Saudi population, and emphasizes the need for ongoing mental health support for individuals post-infection, which may provide new insights in the management of the pandemic.

## Disclosure

The authors report no conflicts of interest in this communication.

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