Table E1: *symptoms in a) whole cohort; b) Hospitalised patients and average time between onset of symptoms and completion of survey.*

Symptoms n (%)	Whole cohort n=3023	Self-treatment at home cohort n=2644	Hospitalised patients n=376	p-value
Breathing problems - for example chest tightness, or struggling to breathe while resting or being active	3027 (92.0)	2646 (92.1)	381 (91.4)	0.61 (X)
Changes in mood, or anxiety or depression	1417 (43.1)	1214 (42.3)	176 (42.2)	0.70 (X)
Cough	1392 (42.3)	1207(42.0)	185 (44.4)	0.36 (X)
Extreme tiredness (fatigue) or lack of energy	2739 (83.3)	2394 (83.3)	345 (82.7)	0.76(X)
Hair loss	346 (10.5)	304 (10.6)	42 (10.1)	0.75 (X)
Loss of appetite or weight loss	755 (22.9)	657 (22.9)	98 (23.5)	0.77 (X)
Loss of taste or smell (anosmia)	936 (28.4)	808 (28.1)	128 (31.9)	0.28 (X)
Muscle weakness or joint stiffness	1662 (50.5)	1449 (50.4)	213 (51.1)	0.81 (X)
Nightmares or flashbacks	432 (13.1)	379 (13.2)	53 (12.7)	0.79 (X)
Problems with mental abilities; e.g. not being able to remember some events, think clearly and being forgetful	1508 (45.8)	1325 (46.1)	183 (43.9)	0.39 (X)
Sleep problems	1520 (46.2)	1341 (46.7)	179 (42.9)	0.15(X)
Symptoms of post-traumatic stress disorder (PTSD) - for example, feelings of isolation, irritability and guilt	578 (17.6)	503 (17.5)	75 (18.0)	0.81 (X)
Average length of time between onset of symptoms and completing survey (days)	105.9±53.0	105.7±55.7	106.8±61.5	0.69 (¥)

Data are presented as n (%) or mean ±. P values of <0.05 are taken to indicate statistical significance and are marked in bold. X= Chi square test used, ¥= t=test used. Where numbers do not total 100% missing values are due to questions unanswered by participant. Changes of mood are taken to indicate a negative change in mood (i.e. more anxious, more depressed, etc)

Table E2: Length of stay of hospitalised patient, ventilatory support and quality of communication/information received

	Hospitalised patients n=417
How long were you in hospital for? Less than 1 week 1 to 2 weeks 2 to 4 weeks More than 4 weeks	 238 (57.1%) 106 (25.4%) 51 (12.2%) 22 (5.3%)
Were you able to breathe by yourself throughout your treatment for symptoms of COVID-19? Yes - I was able to breathe by myself without any additional support (apart from any medication that I normally take) Yes - I was able to breathe by myself with some support (e.g. face mask or tube under your nose that delivers oxygen, CPAP machine) No - I stopped being able to breathe by myself and needed mechanical support (e.g. ventilator tube that is put into your airways to help you breathe, ECMO life support where blood is pumped through a machine that acts as your lungs)	 140 (33.6%) 210 (50.4%) 44 (10.6%)
How long were you in ITU for? Less than 3 days 4 to 7 days 7 to 14 days More than 14 days	**n=102** 16 (15.7%) 33 (32.4%) 32 (31.4%) 20 (19.6%)
Patient reported quality of communication/information received during hospital stay How clear was the information being communicated? How useful was the information to you? How timely was the communication? How empathetic was the communication?	 5.6±2.9 5.3±3.0 5.4±3.0 6.4±3.1
Did you get a rehabilitation plan when you left hospital?	Yes= 29 (7.0%) No= 386 (92.6%)

Data are presented as n (%) or mean ±. P values of <0.05 are taken to indicate statistical significance and are marked in bold. Where numbers do not total 100% missing values are due to questions unanswered by participant.

Patient symptoms and experience following COVID-19: results from a UK wide survey - Supplemental data file 2   Buttery SC *et al*   2

Table E3: Experience of care received during and after COVID-19 and ability to cope in a) whole cohort; b) hospitalised patients

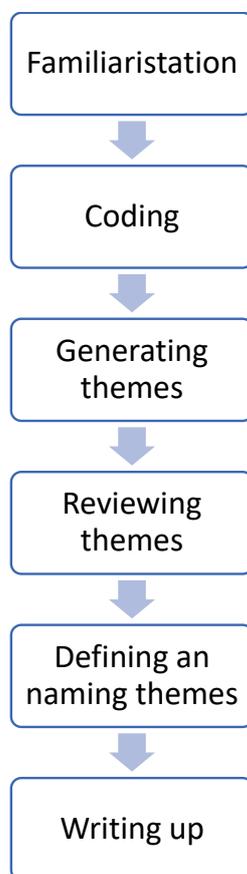|	Whole cohort n=3290	Hospitalised patients n=417	P-value
Have you spoken to Nurse/GP?			
Yes	2357 (71.6)	282(67.6)	
No	901 (27.4)	108 (25.9)	0.21(X)
Did your GP or nurse tell you about *things you can do* to help your recovery?			
Yes	919 (27.9)	120 (28.8)	0.16(X)
No	1428 (43.4)	161 (38.6)	
Patient reported quality of communication/information received after COVID-19			
How clear was the information being communicated?	5.6±2.7	6.0±2.7	**0.002(¥)**
How useful was the information to you?	4.7±2.8	5.4±2.8	**P<0.001(¥)**
How timely was the communication?	4.9±3.0	5.3±3.0	**0.025(¥)**
How empathetic was the communication?	6.1±3.1	6.6±3.0	**0.004(¥)**
How important are each of the following for you?			
General information on difficulties after COVID-19	8.9±1.7	9.1±1.8	0.88(¥)
Advice from healthcare professionals on managing difficulties after COVID-19	9.0±1.7	9.1±1.8	0.22(¥)
The latest medical research on difficulties after COVID-19	8.9±1.7	8.9±1.9	0.44(¥)
Reading about other people that have difficulties after COVID-19 and their experiences	8.4±2.0	8.4±2.1	0.35(¥)
Talking to other people with difficulties after COVID-19 and sharing experiences	7.4±2.6	7.8±2.4	0.18(¥)
Do you receive any practical help with your difficulties after COVID-19 on a regular basis?			
Yes, from someone living in my household	1719 (52.2)	247 (59.2)	
Yes, from someone living in another household	441 (13.4)	79 (18.9)	**P<0.001**
No, I don't need help	850 (25.8)	56 (13.4)	
No, I can't get help	268 (8.1)	33 (7.9)	
How much do you feel you can cope with your life after COVID-19?			
Completely	269 (8.2)	25 (6.0)	
Mostly	1206 (36.7)	160 (38.4)	
Partly	1279 (38.9)	162 (38.8)	0.40
Very little	454 (13.8)	63 (15.1)	
Not at all	82 (2.5)	12 (2.9)	

Data are presented as n (%) or mean ±. P values of <0.05 are taken to indicate statistical significance and are marked in bold. X= Chi square test used, ¥= t=test used. Where numbers do not total 100% missing values are due to questions unanswered by participant.

Patient symptoms and experience following COVID-19: results from a UK wide survey - Supplemental data file 2   Buttery SC *et al*   3

Six step process of thematic analysis as described by Braun and Clarke

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┌─────────────────┐
│ Familiaristation│
└─────────────────┘
         ↓
┌─────────────────┐
│     Coding      │
└─────────────────┘
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┌─────────────────┐
│   Generating    │
│     themes      │
└─────────────────┘
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┌─────────────────┐
│   Reviewing     │
│     themes      │
└─────────────────┘
         ↓
┌─────────────────┐
│   Defining an   │
│  naming themes  │
└─────────────────┘
         ↓
┌─────────────────┐
│   Writing up    │
└─────────────────┘
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Braun V, Clarke V.,. Using thematic analysis in psychology. *Qualitative Research in Psychology* 2006; **3**:77-101

Patient symptoms and experience following COVID-19: results from a UK wide survey - Supplemental data file 2   Buttery SC *et al*   4