



Long COVID Treatment Trial-Tirzepatide (LoCITT-T): Importance of Placebo Participants

Video transcript:

Hi LoCITT-T participants. I'm Julia More Vogel, one of the co-principal investigators of the LoCITT-T study and a person living with ME and Long COVID for about six years now. I wanted to talk to you about continuing participation in the study for the whole year. So, this is mainly directed toward people who think they might be on the placebo.

So first of all, it's impossible to know whether you're on drug or placebo. And a lot of people actually do not respond to tirzepatide at all even if they are on it. So, we don't know what arm any individual person is in and you won't know until we tell you at the end of the study.

One of the really interesting things that we've seen across Long COVID trials is quite large placebo effects. And this is really important to know because at the end of the trial what we do is we take each individual person's scores, their survey scores from baseline to 12 months and then we look at the difference. Then we average out that difference across everybody that was on placebo, everybody that was on tirzepatide and we compare the two arms to each other. So it's absolutely crucial to have the people who feel that they are not having any change and whether they're on placebo or not. So first of all for the placebo folks, it's really important to have those who have no change reported in the data so that we can show the difference between the placebo and the tirzepatide arms. This difference, you know, has to be shown for the drug to be deemed effective in the eyes of the broader medical community.

It's also possible that you're taking the drug and you actually feel no effects. This would also be important for us to be able to report on, especially if we can find any sort of evidence for who doesn't end up feeling any effects of the drug. Another piece of it is that a lot of Long COVID trials have failed so far, as many of us are painfully aware, and we believe this is in part due to the heterogeneity of the illness and two small sample sizes. So we really try to have a larger sample size here of 1,000 participants total. And the more people that stay in the trial for the full year, the more chance we have to be able to report on differences between specific symptom groups or comorbidities, etc.

I also just want to underscore that continued participation in the trial is a public service to the broader Long COVID community. No matter which arm you're in, you're doing something really important for the community as a whole. And we're just so grateful to each of you for your ongoing participation. We want to continue to support you, so please feel free to reach out to the study team anytime with questions. And again, we're so grateful. Thank you so much for your ongoing participation.

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