

# Brain fog

The term 'brain fog' is not a medical one but nevertheless is used to describe a cluster of cognitive symptoms associated with a variety of medical conditions.

## Medical conditions associated with brain fog

These include (in alphabetical order):

- cancer and cancer treatments
- chronic disease
- chronic fatigue syndrome
- cognitive decline
- hormonal fluctuations (e.g. associated with menopause or pregnancy)
- hypothyroidism
- long COVID
- medications
- mental health problems (e.g. depression)
- multiple sclerosis
- sleep disorders

The specific management of brain fog depends on the underlying cause.

## Symptoms of brain fog

These include:

- lack concentration
- lack of mental clarity
- fatigue
- forgetfulness
- memory problems
- lost words
- thinking more slowly than usual

## How to help brain fog

General strategies include:

- getting enough **sleep**
- taking regular **exercise**
- managing **stress**
- taking regular **breaks**
- enjoying **leisure** activities
- eating a healthy, balanced **diet**
- adherence to guidelines on **alcohol** consumption

## Further information

**Elliott et al. (2023) Efficient assessment of brain fog and fatigue: development of the Fatigue and Altered Cognition Scale (FACs)** <https://doi.org/10.1371/journal.pone.0295593>

**Mental Health Research. Cognitive decline/brain fog** [https://www.mqmentalhealth.org/conditions/cognitive-decline-brain-fog/?gclid=EAlaIqobChMliNyS5ciTgQMVE-ztCh2wwgHmEAAAYASAAEgLSPPD\\_BwE](https://www.mqmentalhealth.org/conditions/cognitive-decline-brain-fog/?gclid=EAlaIqobChMliNyS5ciTgQMVE-ztCh2wwgHmEAAAYASAAEgLSPPD_BwE)