

**Abstract** The corona virus disease (COVID-19), a novel pandemic, had globally caused physical and mental-health crisis. The purpose of this study was to explore the lived experiences of trauma survivors (survivors of COVID-19 disease and caregivers of COVID-19 patients) as well as the impact of COVID-19 on their sensory processing and psychological health. This study included eight participants consisting of, 4 survivors (2 males and 2 females) and 4 caregivers (2 males and 2 females). Sample selection was done by using non-probability purposive sampling strategy.

Semistructuredinterviews were conducted, recorded, and transcribed. Interpretive Phenomenological Analysis (Smith et al., 2009) was used for the analysis of transcripts. Emerged themes included characteristics of COVID-19 (physiological symptoms, challenges due to COVID-19, and diagnosis); psychological responses toward trauma (behavioural, emotional, cognitive/thoughts, and growth); sensory processing experiences (different sensory experiences across varying stimuli and impact on sensory experiences due to COVID-19); and coping strategies (sensory based, emotion-oriented, problem oriented, and religious). Due to novel and stressful nature of COVID-19 global crisis, it was expected that it would be responsible for bringing negative changes and challenges in individual's lives but the study also explored several positive experiences by both survivors and the caregiver. Participants reported great impact on their sensory processing due to COVID-19. Because of its traumatic nature the changes in sensory processing were in accordance to the previous literature as the participants experience hypo and hyper arousal in different sensory modalities along with both active and passive self-regulation strategies. Gender differences were also observed in the study. The focus of future research should be on the development of pre-planned therapeutic interventions in uncertain and sudden situations.

*Keywords: COVID-19, Sensory Processing Patterns, Psychological Responses, Coping Strategies*