Correspondence

RE: ‘Treatment outcome in adults with chronic fatigue syndrome: a prospective study

Sir,
In a very impressive paper embracing a large cohort (834) of ME CFS (myalgic encephalomyelitis, Chronic fatigue syndrome) patients selected by the Fukuda criteria, we can see in Table 4 the associations and changes of baseline characteristics with physical function at follow-up in the Chalder Fatigue scale (0.47 (0.58 to 0.36) and in the SF-36 (physical function phase) 0.81 (0.75 to 0.87). This perhaps represents approximately an 8% change after the PACE recommended GET/ CBT therapy after a variable number of months of therapy. This shows a relatively insignificant improvement. Do we presume that the authors therefore are not emphatically encouraging the PACE recommendation of GET/CBT as a means of primary treatment of ME CFS?

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Reference
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