



# Effective Health Care

## Chronic Fatigue Syndrome

### Nomination Summary Document

#### Results of Topic Selection Process & Next Steps

- Ongoing research or activities are underway that impact the timing for developing this topic. Therefore, chronic fatigue syndrome will be revisited in the future when more data becomes available.

#### Topic Description

**Nominator:** Individual

**Nomination Summary:** The nominator questions the etiology of CFS and expresses interest in research that will clarify the cause of the condition and lead to a cure.

##### Staff-Generated PICO

**Population(s):** Individuals with chronic fatigue syndrome

**Intervention(s):** Psychotherapy, including support groups, counseling, or cognitive behavioral therapy (CBT); lifestyle management, including stress reduction techniques; exercise or physical therapy; CAM therapies

**Comparator(s):** Above interventions alone or in combination

**Outcome(s):** Elimination of condition; reduced fatigue and associated symptoms; increased levels of activity; improved quality of life; resumption of normal levels of functioning; development of coping mechanisms for fatigue and its limitations

**Key Questions from Nominator:** None

#### Considerations

- The topic meets all EHC Program appropriateness criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- The etiology of chronic fatigue syndrome (CFS) is unknown. The condition is characterized by impairments in concentration and short-term memory, sleep disturbances, and musculoskeletal pain. CFS may be associated with functional impairment and limitations in activities of daily living, impeding patients with this condition in completing work and school-related tasks.
- Current treatment for CFS is limited to alleviation of symptoms associated with the condition. Typically, treatment includes some combination of psychological interventions (e.g., cognitive behavioral therapy

and counseling), exercise and/or physical therapy, and patient education and self-management strategies.

- There are currently ongoing research and other activities that affect the timing for a possible systematic review on this topic; therefore, this topic will be revisited when these activities are complete.