

Open Letter to the Royal College of Psychiatrists



Dear Prof. Subodh Dave, President-elect,

12th May, 2026

We are writing on ME Awareness Day in relation to the Royal College of Psychiatrists' ongoing work on ME and Long Covid, and in the context of your stated commitment to integrating patient expertise into clinical practice and institutional decision-making.

This commitment carries significant responsibility in conditions where patients have experienced harm from mischaracterisation, delayed recognition, and the privileging of theoretical psychosocial explanations in clinical and academic settings.

We are particularly concerned by the inclusion of speakers Paul Garner, Alan Carson, and Trudie Chalder in Congress programming, given their longstanding association with psychiatric-led psychosocial frameworks applied to ME, which continue to shape the clinical interpretation of Long Covid.

While the programme includes biomedical terminology and references to patient experience, its overall structure continues to position psychosocial and behavioural frameworks as the primary lens through which post-acute viral illness is interpreted and managed.

For example, cognitive symptoms and potential neurological markers are framed within a psychiatric-led session; personal experience of post-infectious fatigue is presented alongside psychological recovery narratives; and cognitive behavioural therapy is positioned in relation to routine specialist clinic outcomes. This sequencing shapes how evidence is interpreted and which explanatory models are implicitly centred.

The inclusion of biomedical language does not in itself reflect a shift in underlying paradigm when interpretive authority remains organised around behavioural and psychosocial models. In this context, patient experience is situated within frameworks that determine its meaning in advance, rather than as an independent form of evidence.

Since the emergence of Long Covid, there has been a substantial expansion of biomedical research documenting multi-system physiological dysfunction, alongside long-established findings in ME. This includes immune dysregulation, autonomic dysfunction, metabolic impairment, genetic findings from DecodeME and post-exertional malaise, reflected in current NICE guideline NG206.

Against this backdrop, the continued prominence of proponents of psychosocially framed models in defining how these conditions are presented risks misalignment with current evidence and the emerging paradigm.

We therefore ask that the Royal College:

- Ensure Congress programming on ME and Long Covid reflects current biomedical evidence and clinical guidance, and is not presented through outdated behavioural or psychosocial models.
- Review how speaker sequencing and session framing influence the interpretation of evidence.
- Ensure that patient expertise is positioned as an independent form of knowledge, not subsumed within pre-existing theoretical models.
- Align all teaching and outputs with NICE guideline NG206 and the current evidence base on Long Covid, ensuring that psychological aspects of care do not supersede or redefine the underlying biological condition.

These are not abstract concerns. The framing of these conditions directly influences clinical reasoning, service design, and patient care pathways.

We urge the Royal College, under your incoming presidency, to take a clear leadership position in ensuring that its programming reflects current understanding rather than inherited psychosocial interpretive frameworks.

Yours sincerely,

Long Covid Advocacy

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#There4ME
25% ME Group
Action For ME
Afemise
Aliança Millions Missing
Breathe Easy Sheffield
Bury & Bolton ME/CFS &
Fibromyalgia Support Group
Cambridgeshire ME and Long Covid Support
CFS/ME Associazione Italiana odv
Chronic Living Therapy
Connecting Minds
Counselling Psychologist
Creative Writing and Art Kingdom
CrunchME
Dutch Platform for MDs with IACC

Forward ME
Hope 4 ME Fibro Northern Ireland
Inclusive New Normal
Inverclyde Peer Led Long Covid Support
Group
Keyworker Petition Campaign
Lab of Lived Experience
Liberal Democrat Disability Association
Long Covid Advocacy
Long Covid Europe
Long Covid Greece
Long Covid Physio
Long Covid Schweiz
Long Covid Schweiz Kids
Long Covid Scotland
Long Covid Support

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Organisations

Long Covid Support Aotearoa
Lucid Psychotherapy and Counselling
M.E Foggy Dog
Malade
ME Action Maryland
ME Action UK
ME Advocates Ireland
ME Association
ME Livet
ME Research Collaborative Patient
Advocacy Group
ME/CFS Association Switzerland
ME/CFS Friendship Group Gloucestershire
ME/CFS San Diego
Millions Missing France

Misfit Mental Health
Nightingale Continuum
Not Recovered UK
Our Covid Support Community
Physios 4 ME
PoTS und andere Dysautonomien e.V.
Reset to Thrive
Richmond, Kingston & West London ME
Group
Scottish Healthcare Workers Coalition
Supporting Healthcare Heroes UK
Vadon
VoxEM
WE & ME Foundation
Welsh Association of ME & CFS Support

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