Foreword

Welcome to the ME Association Index of Published ME/CFS Research.

This is an A-Z index of the most important published research studies and selected key documents and articles, listed by subject matter, on myalgic encephalomyelitis or chronic fatigue syndrome (ME/CFS). It is correct to 1st August 2021.

The Index is updated at the end of each month and we publish a weekly update of recent research publications that are also available on the MEA website and social media.

The Index adopts the subject headings used in the MEA Clinical and Research Guide which provides a review of current clinical knowledge and research evidence and is updated annually.

This authoritative and very popular book is written by Dr Charles Shepherd, Hon. Medical Adviser to the ME Association and Dr Abhijit Chaudhuri, consultant neurologist at Queen’s Hospital in Romford.

The latest edition is available to order from the MEA website shop. We are pleased to be able to offer free hard copies to health professionals upon application and it is also available on Kindle.

Please support our vital work

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- In return for an annual subscription from only £18, you will receive ME Essential – quite simply the best M.E. magazine in the UK today!
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Brurberg et al. (2013) Case definitions for chronic fatigue syndrome/myalgic encephalomyelitis (CFS/ME): a systematic review. BMJ Open 4 (2). Link: https://bmjopen.bmj.com/content/4/2/e003973


2. Epidemiology


3. Co-morbidity


4. Biomedical Research

4.1 Biobank UK ME/CFS


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4.2 Biomarker Identification


4.2.1 Biomarker Landscape Project


4.3 Cardiac Function


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Kenyon J et al. (2019) A Retrospective Outcome Study of 42 Patients with Chronic Fatigue Syndrome, 30 of Whom had Irritable Bowel Syndrome. Half were treated with oral approaches, and half were treated with Faecal Microbiome Transplantation. Human Microbiome Journal 13. Link: https://tinyurl.com/y2cqzqgf


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4.8 Genetic predisposition


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**Asprusten T et al.** (2019) EBV-requisitioning physicians’ guess on fatigue state 6 months after acute EBV infection. BMJ Paediatrics Open 3 (1). Link: [https://tinyurl.com/y39pw8y8](https://tinyurl.com/y39pw8y8)


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4.15 Muscle


4.16 Neurology: Autonomic nervous system (ANS) dysfunction


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4.17 Neurology: Central nervous system and neuroimaging


4.18 Neurology: Hypothalamic and neuroendocrine function


4.19 Neurology: Neuropsychology and cognitive function


4.20 Neurology: Neurotransmitter function


4.21 Pain


4.22 Phenotypes and sub-groups


4.23 Post-Exertional Malaise (PEM)


4.24 Post-mortem research


4.25 Sleep disturbance


4.26 Vision


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**8.1 General**


Hurel SJ et al. (1995) Patients with a self-diagnosis of myalgic encephalomyelitis [Letter to the editor]. BMJ 311(7000); 329. Link: http://www.bmj.com/content/311/7000/329.1


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8.2 Investigations


8.3 Physical examination


8.4 Symptoms

Pain – see Biomedical Research, 4.21 above.
Post-Exertional Malaise – see Biomedical Research, 4.23 above.
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9.2 Complementary and alternative therapies


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9.3 Diet and nutrition


9.4 Exercise, Pacing and activity management


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9.5 General management


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Kraaj V et al. (2017) Cognitive and behavioral coping in people with Chronic 
fatigue syndrome: An exploratory study searching for intervention targets for 
depressive symptoms. Journal of Health Psychology 1: 1359105317707259. Link: 

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Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Using Novel Patient-
Centred N-of-1 Observational Designs: A Protocol for a Feasibility and 
Acceptability Study. Patient. [Epub ahead of print.] Link: 

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Graded Exercise, and Specialist Medical Care for Chronic Fatigue Syndrome: A 
Cost-Effectiveness Analysis. PLoS ONE 7(8): e40808. Link: 
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McKay PG et al. (2021) Chronic fatigue syndrome (CFS)/Myalgic 
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Vink M. PACE trial authors continue to ignore their own null effect. Journal of Health Psychology 22 (9): 1134-1140. Link: https://www.ncbi.nlm.nih.gov/pubmed/28805519


9.7 Pharmacological treatment


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9.8 Pregnancy

10. Prognosis and quality of life

10.1 Age


10.2 Mortality


10.3 Prognosis and recovery


**Sharpe M et al.** (1992) Follow up of patients presenting with fatigue to an infectious diseases clinic. *BMJ* 305(6846): 147-152. Link: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1883193/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1883193/)


10.4 Quality of life


10.5 Severe ME


11. Vaccinations


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12. Children and adolescents


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Crawley E and Sterne JAC. (2009) Association between school absence and physical function in paediatric chronic fatigue syndrome/myalgic encephalopathy. *Archives of Disease in Childhood* 94(10): 752-756. Link: [http://adc.bmj.com/content/94/10/752.info](http://adc.bmj.com/content/94/10/752.info)


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Solomon-Moore E et al. (2019) Physical activity patterns among children and adolescents with mild-to-moderate chronic fatigue syndrome/myalgic encephalomyelitis. BMJ Paediatrics Open 3 (1). Link: https://bmjpaedsopen.bmj.com/content/3/1/e000425


13. Government Documents

13.1 Disability support


13.2 Economic cost to the UK


13.3 General reports, debates, and statements

All-Party Parliamentary Group on ME. (2020) Inaugural meeting to re-establish APPG led by Carol Monaghan MP with Dr Charles Shepherd and the MEA providing secretariat. Link: https://www.meassociation.org.uk/2020/01/the-all-party-parliamentary-group-on-me-to-re-convene-please-invite-your-mp-to-attend-09-january-2020/


House of Commons (2013) Debate. 11 February col. 517W. Secretary of State re: ME/CFS WHO classification. Link: https://publications.parliament.uk/pa/cm201213/cmhansrd/cm130211/text/13021150000045

House of Commons (2013). Written evidence to Health Select Committee from the ME Association. Link: https://publications.parliament.uk/pa/cm201415/cmselect/cmhealth/401/401v w11.htm


14. Healthcare


14.1. NICE Guidelines


NICE Guideline ME/CFS (2007). Link:


15. Long-COVID

15.1 Long-COVID and ME/CFS


16. Miscellaneous


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