

Research at Bartholomew's Hospital into CFS/ME

We have been researching into the causes, mechanisms and treatment of CFS/ME since 1984. Previous successes include the following:

- Showing that the infection infectious mononucleosis (IM) (glandular fever), caused by the Epstein-Barr virus, causes CFS/ME in 1 in 10 of those infected.
- Finding that being inactive and unfit after IM is a risk factor for CFS/ME after IM
- Showing that CFS/ME is different from depressive illness
- Showing that CFS/ME is a heterogeneous illness
- The first research trial to show that graded exercise therapy is effective in the majority of outpatients with CFS

Current research at Bart's

The PACE trial (Pacing, graded Activity, and CBT for CFS: a randomised Evaluation)

Funded by the Medical Research Council (MRC), this is a randomised controlled trial of standardised specialist medical care compared with SSMC with the addition of adaptive pacing therapy, cognitive behaviour therapy, graded exercise therapy in secondary care patients with CFS/ME. This is a multi-centre trial, involving six centres across England and Scotland, and Bart's is the national coordinating centre. This trial will examine efficacy, cost-effectiveness, cost-utility, adverse effects, predictors and process of these four treatments.

See PACE trial website for further details

Chronic fatigue and ethnicity: prevalence, explanatory models and service use in a nationally representative sample of six ethnic groups.

Funded by the MRC, this study will compare the prevalence of CFS-like illness across five different ethnic groups in the UK. It will also examine why there are differences in the prevalence and use of healthcare, providing clues about causes and how they may vary across different ethnic groups.

Peer reviewed papers and letters about CFS/ME or fatigue written by staff

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