

## ME/CFS Summary of issues

The following list is a summary of key themes that have been raised by stakeholders regarding the content of the pre-publication version of the ME/CFS guideline.

- 1) **Diagnosis** – Questions have been raised regarding the diagnostic criteria that the committee have recommended.
- 2) **Children and young people** – There is concern that the recommendations potentially create risks for children and young people with ME/CFS.
- 3) **Graded Exercise Therapy (GET)** – There are questions about the recommendation not to offer programmes that use fixed incremental increases in physical activity or exercise, for example GET. In particular the definition of GET, that positive evidence for GET has been downgraded, and removing GET as a treatment option may lead to a reduction in services overall
- 4) **Cognitive behavioural therapy (CBT)** – There are questions about the place of CBT in individualised management. In particular that there is positive evidence which has been downgraded, and that the guideline downplays the effectiveness of CBT.
- 5) **Methodological approach** – There are questions about the approach taken to the evidence, with suggestions that studies have been inappropriately excluded or downgraded.