Index of ME/CFS Published Research

An A-Z index of the most important published research

31st January 2020

The ME Association
Forward

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 31st January 2020.

The Index will be updated at the end of each month and made available in the research section of the ME Association website. Each update will be accompanied by a website blog of that month’s published research abstracts to help keep you informed of the latest research developments.

The Index adopts the subject headings used in the ME Association’s authoritative clinical and research guide which provides a thorough and fully updated review of current clinical knowledge and research evidence.

The guide 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 2019 edition can be ordered from our website shop and is priced at £9.00 for UK residents. It is also available as a Kindle version via Amazon. We are pleased to be able to offer free hard copies to health professionals upon application.

The ME Association are very grateful to Dr Barbara de Barros, Charlotte Stephens and Russell Fleming, for producing this Index which is proving a very popular and helpful resource.

Please support our vital work

We are a national charity working hard to make the UK a better place for people whose lives have been devastated by an often-misunderstood neurological disease.

If you would like to support our efforts and ensure we are able to inform, support, advocate and invest in biomedical research, then please donate today.

Just click the image opposite or visit our JustGiving page for one-off donations or to establish a regular payment. You can even establish your own fundraising event.

Or why not join the ME Association as a member and be part of our growing community? For a monthly (or annual) subscription you will also receive ME Essential – quite simply the best M.E. magazine in the UK today!
Contents

Forward ........................................................................................................................................... 1
1. Nomenclature and definition ........................................................................................................ 4
2. Epidemiology .................................................................................................................................... 6
3. Co-morbidity ...................................................................................................................................... 8
4. Biomedical Research ........................................................................................................................ 10
   4.1 Biobank UK ME/CFS .................................................................................................................... 10
   4.2 Biomarker Landscape Project ...................................................................................................... 10
   4.3 Cardiac Function .......................................................................................................................... 10
   4.4 Exercise physiology/testing .......................................................................................................... 11
   4.5 Gastrointestinal and microbiome .................................................................................................. 12
   4.6 Gene expression ............................................................................................................................ 14
       4.6.1 Epigenetics .................................................................................................................................. 16
   4.7 General reviews ............................................................................................................................. 16
   4.8 Genetic predisposition .................................................................................................................... 18
   4.9 Immunology .................................................................................................................................... 18
   4.10 Infection .......................................................................................................................................... 25
   4.11 Ion channels .................................................................................................................................. 30
   4.12 Metabolomics ............................................................................................................................... 30
   4.13 Miscellaneous .............................................................................................................................. 31
   4.14 Mitochondria and energy production ............................................................................................ 33
   4.15 Muscle .......................................................................................................................................... 34
   4.16 Neurology: Autonomic nervous system (ANS) dysfunction ......................................................... 36
   4.17 Neurology: Central nervous system and neuroimaging .............................................................. 38
   4.18 Neurology: Hypothalamic and neuroendocrine function ........................................................... 43
   4.19 Neurology: Neuropsychology and cognitive function ................................................................. 46
   4.20 Neurology: Neurotransmitter function ......................................................................................... 47
   4.21 Pain ................................................................................................................................................ 48
   4.22 Phenotypes and sub-groups ......................................................................................................... 48
   4.23 Post-Exertional Malaise (PEM) ................................................................................................. 49
   4.24 Post-mortem research .................................................................................................................. 50
   4.25 Sleep disturbance ......................................................................................................................... 51
   4.26 Vision ........................................................................................................................................... 52
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Psychiatry and psychology</td>
<td>53</td>
</tr>
<tr>
<td>6. Sociology</td>
<td>54</td>
</tr>
<tr>
<td>7. Recommendations, challenges and ideas for future research into ME/CFS</td>
<td>55</td>
</tr>
<tr>
<td>8. Clinical assessment, symptoms and diagnosis</td>
<td>57</td>
</tr>
<tr>
<td>8.1 General</td>
<td>57</td>
</tr>
<tr>
<td>8.2 Investigations</td>
<td>62</td>
</tr>
<tr>
<td>8.3 Physical examination</td>
<td>64</td>
</tr>
<tr>
<td>8.4 Symptoms</td>
<td>65</td>
</tr>
<tr>
<td>9. Management</td>
<td>66</td>
</tr>
<tr>
<td>9.1 Cognitive Behaviour Therapy (CBT)</td>
<td>66</td>
</tr>
<tr>
<td>9.2 Complementary and alternative therapies</td>
<td>69</td>
</tr>
<tr>
<td>9.3 Diet and nutrition</td>
<td>70</td>
</tr>
<tr>
<td>9.4 Exercise, Pacing and activity management</td>
<td>71</td>
</tr>
<tr>
<td>9.5 General management</td>
<td>75</td>
</tr>
<tr>
<td>9.6 PACE Trial, The</td>
<td>78</td>
</tr>
<tr>
<td>9.7 Pharmacological treatment</td>
<td>80</td>
</tr>
<tr>
<td>9.8 Pregnancy</td>
<td>90</td>
</tr>
<tr>
<td>10. Prognosis and quality of life</td>
<td>90</td>
</tr>
<tr>
<td>10.1 Age</td>
<td>90</td>
</tr>
<tr>
<td>10.2 Mortality</td>
<td>90</td>
</tr>
<tr>
<td>10.3 Prognosis and recovery</td>
<td>91</td>
</tr>
<tr>
<td>10.4 Quality of life</td>
<td>92</td>
</tr>
<tr>
<td>10.5 Severe ME</td>
<td>93</td>
</tr>
<tr>
<td>11. Vaccinations</td>
<td>93</td>
</tr>
<tr>
<td>12. Children and adolescents</td>
<td>95</td>
</tr>
<tr>
<td>13. Government Documents</td>
<td>102</td>
</tr>
<tr>
<td>13.1 Disability support</td>
<td>102</td>
</tr>
<tr>
<td>13.2 Economic cost to the UK</td>
<td>102</td>
</tr>
<tr>
<td>13.3 General reports, debates and statements</td>
<td>103</td>
</tr>
<tr>
<td>14. Healthcare</td>
<td>104</td>
</tr>
<tr>
<td>The ME Association: Please support our vital work</td>
<td>106</td>
</tr>
</tbody>
</table>
Please note: Research published after January 2019 (the date of the latest update to our clinical and research guide) is highlighted in purple in the listing below. We will be publishing a new guide early in 2020.

1. Nomenclature and definition


2. Epidemiology


3. Co-morbidity


4. Biomedical Research

4.1 Biobank UK ME/CFS


4.2 Biomarker Landscape Project


4.3 Cardiac Function


Campen CM and Visser FC (2018) The Abnormal Cardiac Index and Stroke Volume Index Changes During a Normal Tilt Table Test in ME/CFS Patients Compared to Healthy Volunteers, are Not Related to Deconditioning, Journal of Thrombosis and Circulation 107. Link: https://tinyurl.com/y5nb9dyr


4.4 Exercise physiology/testing


4.5 Gastrointestinal and microbiome


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/y2cqxzgf


**4.6 Gene expression**


### 4.6.1 Epigenetics


### 4.7 General reviews


### 4.8 Genetic predisposition


### 4.9 Immunology


Jonsjo MA et al. (2019) Patients with ME/CFS (Myalgic Encephalomyelitis/Chronic Fatigue Syndrome) and chronic pain report similar level of sickness behavior as individuals injected with bacterial endotoxin at peak inflammation. *Health* [Epub ahead of print]. Link: https://www.sciencedirect.com/science/article/pii/S2666354619300298


4.10 Infection


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/y39pwy8r


4.11 Ion channels


4.12 Metabolomics


Yamano E, et al. (2016) Index markers of chronic fatigue syndrome with dysfunction of TCA and urea cycles. Science Reports doi: 10.1038/srep34990. Link: https://www.nature.com/articles/srep34990

4.13 Miscellaneous


Melvin A et al. (2019) Circulating levels of GDF15 in patients with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome. *Journal of Translational Medicine* 17 (409). Link: [https://www.repository.cam.ac.uk/handle/1810/299333](https://www.repository.cam.ac.uk/handle/1810/299333)


4.14 Mitochondria and energy production


**4.15 Muscle**


4.16 Neurology: Autonomic nervous system (ANS) dysfunction


Li H, et al. (2014) Autoimmune Basis for Postural Tachycardia Syndrome. *Journal of the American Heart Association* 3: e000755. Link: [http://jaha.ahajournals.org/content/3/1/e000755](http://jaha.ahajournals.org/content/3/1/e000755)


4.17 Neurology: Central nervous system and neuroimaging


4.18 Neurology: Hypothalamic and neuroendocrine function


Mackay A and Tate WP (2018) A compromised paraventricular nucleus within a dysfunctional hypothalamus: A novel neuroinflammatory paradigm for ME/CFS. *International Journal of Immunopathology and Pharmacology*. Link: [https://journals.sagepub.com/doi/10.1177/2058738418812342#articleCitationDownloadContainer](https://journals.sagepub.com/doi/10.1177/2058738418812342#articleCitationDownloadContainer)


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

5. Psychiatry and psychology


Thompson et al. (2019) Cognitive factors are associated with disability and pain, but not fatigue among physiotherapy attendees with persistent pain and fatigue. *Physiotherapy* [Epub ahead of print]. Link: [https://tinyurl.com/yyep9zu8](https://tinyurl.com/yyep9zu8)


6. Sociology


Murray R et al. (2019) Duvet woman versus action man: the gendered aetiology of Chronic Fatigue Syndrome according to English newspapers. Feminist Media Studies. Link: https://tinyurl.com/yyfayo7v


7. Recommendations, challenges and ideas for future research into ME/CFS


8. Clinical assessment, symptoms and diagnosis

8.1 General


Nojima N (2019) Paradox of diagnosis: the positive effects and limitations of diagnosis in myalgic encephalomyelitis/chronic fatigue syndrome (me/cfs) and fibromyalgia (fm) sufferers Osaka Human Sciences 5: 55-70. Link: https://tinyurl.com/y3yqn39o


### 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.
Sleep disturbance – see Biomedical Research, 4.26 above.
Vision – see Biomedical Research, 4.28 above.
9. Management

9.1 Cognitive Behavioural Therapy (CBT)


Geraghty K and Adeniji C (2019) The 'Cognitive Behavioural Model' of Chronic Fatigue Syndrome: Critique of a Flawed Model *Health Psychology Open* [Epub ahead of print]. Link: [https://tinyurl.com/y6x3g394](https://tinyurl.com/y6x3g394)


9.2 Complementary and alternative therapies


### 9.3 Diet and nutrition


9.4 Exercise, Pacing and activity management


9.5 General management


9.6 PACE Trial, The


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


Bolton MJ et al. (2020) Low-dose naltrexone as a treatment for chronic fatigue syndrome. *BMJ Case Reports* 13 (1). Link: https://casereports.bmj.com/content/13/1/e232502


Van Campen LMC and Visser FC (2019) The Effect of Curcumin in Patients with Chronic Fatigue Syndrome/Myalgic Encephalomyelitis Disparate Responses in Different Disease Severities. Pharmacovigilance and Pharmacoepidemiology 2 (1). Link: https://tinyurl.com/qpvhgdm


9.8 Pregnancy


10. Prognosis and quality of life

10.1 Age


10.2 Mortality

10.3 Prognosis and recovery


10.4 Quality of life


10.5 Severe ME


11. Vaccinations


12. Children and adolescents


Collin SM, et al. (2015) Chronic fatigue syndrome (CFS) or myalgic encephalomyelitis (ME) is different in children compared to in adults: a study of UK and Dutch clinical cohorts. *BMJ Open* 5(10): e008830. Link: http://bmjopen.bmj.com/content/5/10/e008830


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


Harland MR et al. (2019) Paediatric chronic fatigue syndrome patients’ and parents’ perceptions of recovery. *BMJ Paediatrics Open* 3 (1). Link: https://bmjpaedsopen.bmj.com/content/3/1/e000525


Neale FK et al. (2019) Illness duration, mood and symptom impact in adolescents with chronic fatigue syndrome/myalgic encephalomyelitis? *Archives of Disease in Childhood* [Epub ahead of print]. Link: [https://adc.bmj.com/content/early/2019/06/13/archdischild-2018-316720.long](https://adc.bmj.com/content/early/2019/06/13/archdischild-2018-316720.long)


Norris T et al. (2017) Natural course of chronic fatigue syndrome/myalgic encephalomyelitis in adolescents. *Archive of Diseases in Childhood* doi: 10.1136/archdischild-2016-311198. Link: http://adc.bmj.com/content/early/2017/01/19/archdischild-2016-311198


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/130211w0003.htm#13021150000045


14. Healthcare


**The ME Association: Please support our vital work**

We are a national charity working hard to make the UK a better place for people whose lives have been devastated by an often-misunderstood neurological disease.

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