



Causal mechanisms in fatigue.

Ethics Approval Reference: R86827/RE001

VOLUNTEERS NEEDED for a study of Fatigue.

Why Study Fatigue? Fatigue is common in many illnesses, but it is the major feature of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (**ME/CFS**) and Long COVID (**LC**). We hope to record your brain waves while you do simple memory and attention tasks and we will examine your blood, saliva, urine and hair samples to find out what can cause fatigue. If our study establishes causes of fatigue in ME/CFS and Long COVID, this may have benefits for people with other illnesses, who suffer from fatigue.

We are looking for volunteers who are healthy or suffer from fatigue after a viral infection and have Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (**ME/CFS**) or **Long COVID**. Our study will entail a single visit, which will last about 90 minutes and will occur at either the John Radcliffe Hospital or Oxford Brookes University, Headington.

We would like to hear from you if you are:

- aged 18-55 years
(If assigned female at birth: with regular periods, not pregnant or breast-feeding);
- not receiving regular ongoing treatment for other problems;
- not used: antibiotic, anti-fungal, antiviral medication in the past three months;
- not had recent treatment for cancer;
- not struggling with weight issues.

What will happen if I decide to take a part?

If you decide to take part, we will ask you to:

- sign a consent form and check your eligibility for the study;
- provide samples of your blood, stool, urine, saliva and hair;
- undertake tasks of memory and attention while we record your brain waves;
- wear a smart watch for a few days.

We will keep your data confidential and your samples pseudonymised.

If you are interested and would like more information, please contact:

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There is no obligation to take part. Thank you!