THE INDEX OF PUBLISHED RESEARCH

A-Z of Research on ME/CFS and Long Covid

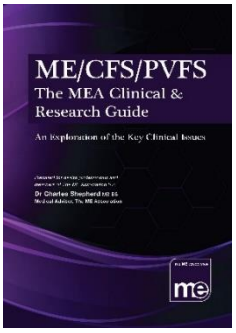
THE ME ASSOCIATION

FOREWORD

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

This is an A-Z of research studies and selected key documents and articles, listed by subject matter, on myalgic encephalomyelitis or chronic fatigue syndrome (ME/CFS) and Post-Covid Syndrome (Long Covid).

The Index is updated at the end of every month, and we publish a weekly blog of recent research that are available on the ME Association website and social media platforms. These are supplemented by periodic research reviews on topical subjects and are also aimed at the lay audience.



The Index adopts the subject headings used in **The ME Association Clinical and Research Guide** (shown opposite) which provides an authoritative review of clinical knowledge and research evidence and is updated annually:

- The latest edition **can be purchased from the website** shop.
- It is also available to purchase from **Amazon in Kindle** format.
- Free copies are available **to healthcare professionals who register** and who will also receive the quarterly ME Medical magazine.

Please support our vital work

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

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- In return for your support, you will receive the quarterly magazine, **ME Essential** – quite simply the best M.E. magazine in the UK today!

CONTENTS

1. NOMENCLATURE AND DEFINITION

Please note: Research published after May 2022 (the date of the last update to the MEA Clinical and Research Guide or 'Purple Book') is denoted by *NEW in purple following the citation in the listing below.

For those papers added after October 2022 and we have commented on in our **Weekly Research Roundup** this is denoted by Comment in purple following the citation in the listing below.

Asprusten TT, *et al.* (2015) Study findings challenge the content validity of the Canadian Consensus Criteria for adolescent chronic fatigue syndrome. *Acta Paediatrica* 104 (5):498-503 **Link:** **https://www.ncbi.nlm.nih.gov/m/pubmed/25640602/**

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Carruthers BM, *et al.* (2003) Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: Clinical work case definition, Diagnostic and Treatment Protocols. *Journal of Chronic Fatigue Syndrome* 11(1): 327-338 **Link: http://phoenixrising.me/wp-content/uploads/Canadian-definition.pdf**

Carruthers BM, *et al.* (2011) Myalgic Encephalomyelitis: International Consensus Criteria. *Journal of Internal Medicine* 270 (4): 327-338 **Link: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3427890/**

Clayton EW. (2015) Beyond Myalgic encephalomyelitis/chronic fatigue syndrome: An IOM report on redefining an illness. *JAMA* 313 (11): 1101-1102. **Link: https://jamanetwork.com/journals/jama/article-abstract/2118591**

Fukuda K, *et al.* (1994) The Chronic Fatigue Syndrome: A Comprehensive Approach to Its Definition and Study. International Chronic Fatigue Syndrome Study Group. *Annals of Internal Medicine* 121 (12): 953-959. **Link: https://www.ncbi.nlm.nih.gov/pubmed/7978722**

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Goudsmit EM, Shepard C *et al.* (2009) ME: Chronic Fatigue Syndrome or a distinct clinical entity? *Health Psychology Update* 18 (1): 26-33 **Link**: **http://www.foodsmatter.com/me_and_cfs/cfs_me_causes_general/articles/goudsmit-me-clinical%20entity-10-12.html**

Howard H. (2018) Recent insights into 3 under recognized conditions: Myalgic encephalomyelitis–chronic fatigue syndrome, fibromyalgia, and environmental sensitivities–multiple chemical sensitivity. *Canadian Family Physician 64 (6): 413-415.* **Link**: **https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5999262/**

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Kujawski S, *et al.* (2021) Network Analysis of Symptoms Co-Occurrence in Chronic Fatigue Syndrome. *International Journal of Environmental Research and Public Health* 18 (20): 10736. **Link**: **https://pubmed.ncbi.nlm.nih.gov/34682478/**

Jason LA, *et al.* (2010) The Development of a Revised Canadian Myalgic Encephalomyelitis Chronic Fatigue Syndrome Case Definition. *American Journal of Biochemistry and Biotechnology* 6 (2): 120-135. **Link**: **https://thescipub.com/PDF/ajbbsp.2010.120.135.pdf**

Jason LA, *et al.* (2015) Myalgic Encephalomyelitis: Symptoms and biomarkers. *Curr Neuropharmacol.* 13(5):701-34. **Link**: **https://www.ncbi.nlm.nih.gov/pubmed/26411464**

Jason LA, *et al.* (2015) Reflections on the Institute of Medicine's systemic exertion intolerance disease. *Polish Archives of Internal Medicine,* 125 (7-8): 576-581. **Link**: **https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4826027/**

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1.1. Prevalence

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2. EPIDEMIOLOGY

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3. CO-MORBIDITY

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5. PSYCHIATRY AND PSYCHOLOGY

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8.3. Physical examination

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8.4. Symptoms

Also see our **leaflets** on Symptoms.

Pain – see **Biomedical Research**, 4.25 above.
Post-Exertional Malaise – see **Biomedical Research**, 4.27 above.
Sleep disturbance – see **Biomedical Research**, 4.29 above.
Vision – see **Biomedical Research**, 4.30 above.

9. MANAGEMENT

Also see our **leaflets** on Management.

9.1. Cognitive Behavioural Therapy (CBT)

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10. PROGNOSIS AND QUALITY OF LIFE

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13. GOVERNMENT DOCUMENTS

Also see our **leaflets** on Education & Employment.

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14. HEALTHCARE

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16. LONG COVID (with links to ME/CFS)

NB. This section on Long Covid research is not in its entirety, and only contains research which is relevant or has reference to ME/CFS.

Also see our **leaflets** on Covid-19, Long Covid & ME/CFS.

16.1. Biomedical research and mechanisms

16.1.1. Endothelial cells

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16.1.4. Immunology

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16.1.5. Microclots

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16.1.6. Miscellaneous

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16.3. Children and adolescents

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16.4. Covid-19 effects on ME/CFS

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16.5. Diagnosis and classification

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Calls cost the same as other standard landline numbers (starting 01 or 02). If you have a call package for your landline or mobile phone then calls will normally come out of your inclusive minutes.

The ME Association
7 Apollo Office Court, Radclive Road, Gawcott, Bucks, MK18 4DF

ME Connect Helpline: 0344 576 5326
Available every day of the year: 10am-12noon, 2pm-4pm and 7pm-9pm

The ME Association is a registered charity number 801279