

Chronic fatigue syndrome

10% of people attending GP surgeries suffer from fatigue but only 1 % fulfil the criteria for chronic fatigue syndrome. Features of CFS include:

- Sleep disturbance
- Disabling fatigue
- Mood disorder
- Muscle pain without any identifiable cause
- Symptoms should be present for six months

Causes

- Family history of illness during childhood
- Negative life events
- Lack of social support
- Illness especially infection
- Commonly occurs in professionals and people who have an active life
- Down regulation of fatigue centre in the brain

Management

- CBT using graded activity
- Activity scheduling
- Modifying negative thoughts