RCT of CBT, graded exercise, and pacing versus usual medical care for the chronic fatigue syndrome

ISRCTN
ISRCTN54285094

Title of trial/grant title
RCT of CBT, graded exercise, and pacing versus usual medical care for the chronic fatigue syndrome

Acronym
PACE: Pacing, Activity, and Cognitive behaviour therapy; a randomised Evaluation

Serial number at source
G0200434

Disease or condition
Symptoms and General Pathology

Participants
Sequential outpatients attending six chronic fatigue clinics in secondary care, who meet the Oxford criteria for chronic fatigue syndrome (CFS). We will operationalise CFS in terms of fatigue severity and disability as follows: a Chalder fatigue score of 4 or more and an SF36 physical function score of less than 75.

Randomised interventions
1. Usual secondary medical care alone
2. Usual secondary medical care plus adaptive pacing therapy
3. Usual secondary medical care plus graded exercise therapy
4. Usual secondary medical care plus cognitive behaviour therapy

Sources of funding
Medical Research Council
The Scottish Chief Scientist's Office
Department of Health
Department for Work and Pensions

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