



# Index of ME/CFS Published Research

An A-Z index of the most important published research

2<sup>nd</sup> November 2020

The ME Association

## Foreword

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 2<sup>nd</sup> November 2020.

The Index is updated at the end of each month and we publish a weekly update of recent research publications that are also available on the MEA website and social media.



The Index adopts the subject headings used in the MEA Clinical and Research Guide which provides a review of current clinical knowledge and research evidence and is updated annually.

This authoritative and very popular book 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 2020 edition is now [available to order](#) from the MEA website shop. We are pleased to be able to offer free hard copies to health professionals upon

application and it is also available on Kindle.

## Please support our vital work

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ME Connect is the telephone helpline service of the ME Association. It provides information and support for people with ME and those who live with or care for them.

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**Please note:** Research published after June 2020 (the date of the last update to the MEA Clinical and Research Guide or 'Purple Book') is highlighted in purple in the listing below.

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## 4. Biomedical Research

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## 4.11 Ion channels

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## 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)

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# 10. Prognosis and quality of life

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