

Psykosocial model (GET/CBT) for ME er en fejlbehæftet model. Læs i litteraturen hvorfor:

Why the Psychosomatic View on Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Is Inconsistent with Current Evidence and Harmful to Patients.

Thoma M, Froehlich L, Hattesoehl DBR, Quante S, Jason LA, Scheibenbogen C. *Medicina*. 2024; 60(1):83. <https://doi.org/10.3390/medicina60010083>

The 'cognitive behavioural model' of chronic fatigue syndrome: Critique of a flawed model Geraghty K, Jason L, Sunnquist M, Tuller D, Blease C, Adeniji C. *Health Psychol Open*. 2019 Apr

23;6(1):2055102919838907. doi: 10.1177/2055102919838907. PMID: 31041108; PMCID: PMC6482658. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6482658/>

Graded exercise therapy should not be recommended for patients with post-exertional malaise van Rhijn-Brouwer, F.C.C.C., Hellemons, M., Stingl, M. *et al. Nat Rev Cardiol* (2024).

<https://doi.org/10.1038/s41569-024-00992-5>
<https://www.nature.com/articles/s41569-024-00992-5>

How have selection bias and disease misclassification undermined the validity of myalgicencephalomyelitis/chronic fatigue syndrome studies?

Nacul L, Lacerda EM, Kingdon CC, Curran H, Bowman EW. *Journal of Health Psychology*. 2019;24(12):1765-1769.

<https://doi.org/10.1177/1359105317695803>

Myalgic Encephalomyelitis (ME) in the Young. Time to Repent. Saugstad, O.D. (2020), *Acta Paediatr*, 109:

645-646. <https://doi.org/10.1111/apa.15084>

ME/CFS: Past, Present and Future

Weir W, Speight N. *Healthcare (Basel)*. 2021 Aug 3;9(8):984. doi: 10.3390/healthcare9080984. PMID: 34442121; PMCID: PMC8394918.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8394918/>

Graded exercise therapy compared to activity management for paediatric chronic fatigue syndrome/myalgic encephalomyelitis: pragmatic randomized controlled trial.

Gaunt, D.M., Brigden, A., Harris, S.R.S. *et al. Eur J Pediatr* (2024). [https://doi.org/10.1007/s00431-024-05458-](https://doi.org/10.1007/s00431-024-05458-x)

[x](#)

Cochrane reviews (forældede)

Cochrane review: Cognitive behaviour therapy for chronic fatigue syndrome

Editorial note :This 2008 review predates the mandatory use of GRADE methodology to assess the strength of evidence, and **the review is no longer current**. It should not be used for clinical decision - making. The author team is no longer available to maintain the review.

https://www.cochrane.org/CD001027/DEPRESSN_cognitive-behaviour-therapy-chronic-fatigue-syndrome

Cochrane review: Exercise therapy for chronic fatigue syndrome

This amended review is still based on a research question and a set of methods from 2002, and reflects evidence from studies that applied definitions of ME/CFS from the 1990s. Having heard different views expressed about the evidence base for this condition, we acknowledge that the publication of this amended review will not resolve all the ongoing questions about this globally important health topic.

We have decided, therefore, that a new approach to the publication of evidence in this area is needed

<https://www.cochrane.org/news/cfs>

The editorial note on the current review on exercise and ME/CFS will be revised.

<https://community.cochrane.org/organizational-info/people/central-executive-team/evidence-production-methods-directorate/stakeholder-engagement-high-profile-reviews-pilot-4>

Kritik af PACE studiet

Special Issue: The PACE Trial (20 links)

Journal of Health Psychology, Volume 22 Issue 9,

August 2017

<https://journals.sagepub.com/toc/hpga/22/9>

Rethinking the treatment of chronic fatigue syndrome—a reanalysis and evaluation of findings from a recent major trial of graded exercise and CBT

Wilshire, C.E., Kindlon, T., Courtney, R. *et al.* *BMC Psychol* 6,

6 (2018). <https://doi.org/10.1186/s40359-018-0218-3>

Pressure grows on Lancet to review “flawed” PACE trial

BMJ 2018;362:k3621

<https://doi.org/10.1136/bmj.k3621>

The Updated NICE Guidance Exposed the Serious Flaws in CBT and Graded Exercise Therapy Trials for ME/CFS Vink M, Vink-Niese A. *Healthcare*. 2022; 10(5):898.

<https://doi.org/10.3390/healthcare10050898>