Cognitive behavioural therapy in chronic fatigue syndrome: a randomised controlled trial of an outpatient group programme

O'Dowd H, Gladwell P, Rogers C A, Hollinghurst S, Gregory A

Record Status
This is a bibliographic record of a published health technology assessment from a member of INAHTA. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Authors’ objectives
The aim of this review is to test the hypothesis that group cognitive behavioural therapy (CBT) will produce an effective and cost-effective management strategy for patients in primary care with chronic fatigue syndrome/myalgic encephalopathy (CFS/ME).

Authors’ conclusions
Group CBT did not achieve the expected change in the primary outcome measure as a significant number did not achieve scores within the normal range post-intervention. The treatment did not return a significant number of subjects to within the normal range on this domain; however, significant improvements were evident in some areas. Group CBT was effective in treating symptoms of fatigue, mood and physical fitness in CFS/ME. It was found to be as effective as trials using individual therapy in these domains. However, it did not bring about improvement in cognitive function or quality of life. There was also evidence of improvement in the EAS group, which indicates that there is limited value in the non-specific effects of therapy. Further research is needed to develop better outcome measures, assessments of the broader costs of the illness and a clearer picture of the characteristics best fitted to this type of intervention.

Project page URL
http://www.hta.ac.uk/1136

INAHTA brief and checklist

Indexing Status
Subject indexing assigned by CRD

MeSH
Behavior Therapy; Cognitive Therapy; Fatigue Syndrome, Chronic

Language Published
English

Country of organisation
England

Address for correspondence
NETSCC, Health Technology Assessment, Alpha House, University of Southampton Science Park, Southampton, SO16 7NS UK Tel: +44 23 8059 5586 Email: hta@hta.ac.uk
AccessionNumber
32006001024

Date bibliographic record published
20/10/2006

Date abstract record published
20/10/2006