Exercise therapy for chronic fatigue syndrome (Review)

Larun L, Brurberg KG, Odgaard-Jensen J, Price JR

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[Intervention Review]

Exercise therapy for chronic fatigue syndrome

Lillebeth Larun[1], Kjetil G. Brurberg[1], Jan Odgaard-Jensen[2], Jonathan R Price[3]

[1]Primary Health Care Unit, Norwegian Knowledge Centre for the Health Services, Oslo, Norway. [2]Global Health Unit, Norwegian Knowledge Centre for the Health Services, Oslo, Norway. [3]Department of Psychiatry, University of Oxford, Oxford, UK

Contact address: Lillebeth Larun, Primary Health Care Unit, Norwegian Knowledge Centre for the Health Services, PO Box 7004, St Olav's plass, Oslo, N-0130, Norway. Lillebeth.Larun@kunnskapssenteret.no.

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ABSTRACT

Background

Chronic fatigue syndrome (CFS) is characterised by persistent, medically unexplained fatigue, as well as symptoms such as musculoskeletal pain, sleep disturbance, headaches and impaired concentration and short-term memory. CFS presents as a common, debilitating and serious health problem. Treatment may include physical interventions, such as exercise therapy, which was last reviewed in 2004.

Objectives

The objective of this review was to determine the effects of exercise therapy (ET) for patients with CFS as compared with any other intervention or control.

• Exercise therapy versus 'passive control' (e.g. treatment as usual, waiting-list control, relaxation, flexibility).

• Exercise therapy versus other active treatment (e.g. cognitive-behavioural therapy (CBT), cognitive treatment, supportive therapy, pacing, pharmacological therapy such as antidepressants).

• Exercise therapy in combination with other specified treatment strategies versus other specified treatment strategies (e.g. exercise combined with pharmacological treatment vs pharmacological treatment alone).

Search methods

We searched The Cochrane Collaboration Depression, Anxiety and Neurosis Controlled Trials Register (CCDANCTR), the Cochrane Central Register of Controlled Trials (CENTRAL) and SPORTDiscus up to May 2014 using a comprehensive list of free-text terms for CFS and exercise. We located unpublished or ongoing trials through the World Health Organization (WHO) International Clinical Trials Registry Platform (to May 2014). We screened reference lists of retrieved articles and contacted experts in the field for additional studies

Selection criteria

Randomised controlled trials involving adults with a primary diagnosis of CFS who were able to participate in exercise therapy. Studies had to compare exercise therapy with passive control, psychological therapies, adaptive pacing therapy or pharmacological therapy.

Data collection and analysis

Two review authors independently performed study selection, risk of bias assessments and data extraction. We combined continuous measures of outcomes using mean differences (MDs) and standardised mean differences (SMDs). We combined serious adverse reactions and drop-outs using risk ratios (RRs). We calculated an overall effect size with 95% confidence intervals (CIs) for each outcome.

Main results

We have included eight randomised controlled studies and have reported data from 1518 participants in this review. Three studies diagnosed individuals with CFS using the 1994 criteria of the Centers for Disease Control and Prevention (CDC); five used the Oxford criteria. Exercise therapy lasted from 12 to 26 weeks. Seven studies used variations of aerobic exercise therapy such as walking, swimming, cycling or dancing provided at mixed levels in terms of intensity of the aerobic exercise from very low to quite rigorous, whilst one study used anaerobic exercise. Control groups consisted of passive control (eight studies; e.g. treatment as usual, relaxation, flexibility) or CBT (two studies), cognitive therapy (one study), supportive listening (one study), pacing (one study), pharmacological treatment (one study) and combination treatment (one study). Risk of bias varied across studies, but within each study, little variation was found in the risk of bias across our primary and secondary outcome measures.

Investigators compared exercise therapy with 'passive' control in eight trials, which enrolled 971 participants. Seven studies consistently showed a reduction in fatigue following exercise therapy at end of treatment, even though the fatigue scales used different scoring systems: an 11-item scale with a scoring system of 0 to 11 points (MD -6.06, 95% CI -6.95 to -5.17; one study, 148 participants; low-quality evidence); the same 11-item scale with a scoring system of 0 to 33 points (MD -2.82, 95% CI -4.07 to -1.57; three studies, 540 participants; moderate-quality evidence); and a 14-item scale with a scoring system of 0 to 42 points (MD -6.80, 95% CI -10.31 to -3.28; three studies, 152 participants; moderate-quality evidence). Serious adverse reactions were rare in both groups (RR 0.99, 95% CI 0.14 to 6.97; one study, 319 participants; moderate-quality evidence), but sparse data made it impossible for review authors to draw conclusions. Study authors reported a positive effect of exercise therapy at end of treatment with respect to sleep (MD -1.49, 95% CI -2.95 to -0.02; two studies, 323 participants), physical functioning (MD 13.10, 95% CI 1.98 to 24.22; five studies, 725 participants) and self-perceived changes in overall health (RR 1.83, 95% CI 1.39 to 2.40; four studies, 489 participants). It was not possible for review authors to draw conclusions regarding the remaining outcomes.

Investigators compared exercise therapy with CBT in two trials (351 participants). One trial (298 participants) reported little or no difference in fatigue at end of treatment between the two groups using an 11-item scale with a scoring system of 0 to 33 points (MD 0.20, 95% CI -1.49 to 1.89). Both studies measured differences in fatigue at follow-up, but neither found differences between the two groups using an 11-item fatigue scale with a scoring system of 0 to 33 points (MD 0.30, 95% CI -1.45 to 2.05) and a nine-item Fatigue Severity Scale with a scoring system of 1 to 7 points (MD 0.40, 95% CI -0.34 to 1.14). Serious adverse reactions were rare in both groups (RR 0.67, 95% CI 0.11 to 3.96). We observed little or no difference in physical functioning, depression, anxiety and sleep, and we were not able to draw any conclusions with regard to pain, self-perceived changes in overall health, use of health service resources and drop-out rate.

With regard to other comparisons, one study (320 participants) suggested a general benefit of exercise over adaptive pacing, and another study (183 participants) a benefit of exercise over supportive listening. The available evidence was too sparse to draw conclusions about the effect of pharmaceutical interventions.

Authors' conclusions

Patients with CFS may generally benefit and feel less fatigued following exercise therapy, and no evidence suggests that exercise therapy may worsen outcomes. A positive effect with respect to sleep, physical function and self-perceived general health has been observed, but no conclusions for the outcomes of pain, quality of life, anxiety, depression, drop-out rate and health service resources were possible. The effectiveness of exercise therapy seems greater than that of pacing but similar to that of CBT. Randomised trials with low risk of bias are needed to investigate the type, duration and intensity of the most beneficial exercise intervention.

PLAIN LANGUAGE SUMMARY

Exercise as treatment for patients with chronic fatigue syndrome

Who may be interested in this review?

- People with chronic fatigue syndrome and their family and friends.
- Professionals working in specialist chronic fatigue services.
- Professionals working in therapeutic exercise.
- General practitioners.

Why is this review important?

Chronic fatigue syndrome (CFS) is sometimes called myalgic encephalomyelitis (ME). Research estimates that between 2 in 1000 and 2 in 100 adults in the USA are affected by CFS. People with CFS often have long-lasting fatigue, joint pain, headaches, sleep problems, and poor concentration and short-term memory. These symptoms cause significant disability and distress for people affected by CFS. There is no clear medical cause for CFS, so people who are affected often deal with misunderstanding of their condition from family, friends and healthcare professionals. National Institute for Health and Care Excellence (NICE) guidelines recommend exercise therapy for individuals with CFS, and a previous review of the evidence suggested that exercise therapy was a promising approach to the treatment. It is thought that exercise therapy can help management of CFS symptoms by helping people gradually reintroduce physical activity into their daily lives.

This review is an update of a previous Cochrane review from 2004, which showed that exercise therapy was a promising treatment for adults with CFS. Since the review, additional studies investigating the effectiveness and safety of exercise therapy for patients with CFS have been published.

What questions does this review aim to answer?

• Is exercise therapy more effective than 'passive' treatments (e.g. waiting list, treatment as usual, relaxation, flexibility)?

• Is exercise therapy more effective than other 'active' therapies (e.g. cognitive-behavioural therapy (CBT), pacing, medication)?

• Is exercise therapy more effective when combined with another treatment than when given alone?

• Is exercise therapy safer than other treatments?

Which studies were included in the review?

We searched databases to find all high-quality studies of exercise therapy for CFS published up to May 2014. To be included in the review, studies had to be randomised controlled trials and include adults over 18 years of age, more than 90% of whom had a clear diagnosis of CFS. We included eight studies with a total of 1518 participants in the review. Seven studies used aerobic exercise therapy such as walking, swimming, cycling or dancing; the remaining study used non-aerobic exercise. Most studies asked participants to exercise at home, between three and five times per week, with a target duration of 5 to 15 minutes per session using different means of incrementation.

What does evidence from the review tell us?

Moderate-quality evidence showed exercise therapy was more effective at reducing fatigue compared to 'passive' treatment or no treatment. Exercise therapy had a positive effect on people's daily physical functioning, sleep and self-ratings of overall health.

One study suggests that exercise therapy was more effective than pacing strategies for reducing fatigue. However exercise therapy was no more effective than CBT.

Exercise therapy did not worsen symptoms for people with CFS. Serious side effects were rare in all groups, but limited information makes it difficult to draw firm conclusions about the safety of exercise therapy.

Evidence was not sufficient to show effects of exercise therapy on pain, use of other healthcare services, or to allow assessment of rates of drop-out from exercise therapy programmes.

What should happen next?

Researchers suggest that further studies should be carried out to discover what type of exercise is most beneficial for people affected by CFS, which intensity is best, the optimal length, as well as the most beneficial delivery method.

SUMMARY OF FINDINGS FOR THE MAIN COMPARISON *[Explanation]*

Exercise therapy for chronic fatigue syndrome

Patient or population: males and females over 18 years of age with chronic fatigue syndrome
Intervention: exercise therapy
Comparison: standard care, waiting list or relaxation/flexibility

Outcomes	Illustrative comparative risks* (95% CI)		Relative effect (95% CI)	Number of participants (studies)	Quality of the evidence (GRADE)	Comments
	Assumed risk	Corresponding risk				
	Control	Exercise				
Fatigue[a]: FS, Fatigue Scale (0 to 11 points) (end of treatment)	Mean fatigue in the control groups was 10.4 points	Mean fatigue in the intervention groups was **6.06 points lower** (6.95 to 5.17 lower)		148 (1 study)	⊕⊕◯◯ **Low**[b,c]	Lower score indicates less fatigue
Fatigue[a]: FS, Fatigue Scale (0 to 33 points) (end of treatment)	Mean fatigue ranged across control groups from 15.3 to 26.3 points	Mean fatigue in the intervention groups was **2.82 points lower** (4.07 to 1.57 lower)		540 (3 studies)	⊕⊕⊕◯ **Moderate**[b]	Lower score indicates less fatigue
Fatigue[a]: FS, Fatigue Scale (0 to 42 points) (end of treatment)	Mean fatigue ranged across control groups from 24.4 to 31.6 points	Mean fatigue in the intervention groups was **6.80 points lower** (10.31 to 3.28 lower)		152 (3 studies)	⊕⊕⊕◯ **Moderate**[b]	Lower score indicates less fatigue
Participants with serious adverse reactions	**Study population**		**RR 0.99** (0.14 to 6.97)	319 (1 study)	⊕⊕⊕◯ **Moderate**[d,e]	
	13 per 1000	**12 per 1000** (2 to 87)				

Quality of Life (QOL) Scale (16 to 112 points) (follow-up)	Mean QOL score in the control group was 72 points	Mean QOL score in the intervention groups was **9.00 points lower** (19.00 lower to 1.00 higher)		44 (1 study)	⊕○○○ **Very low**[b,f]	Higher score indicates improved QOL
Physical functioning: SF-36 subscale (0 to 100 points) (end of treatment)	Mean physical functioning score ranged from 31.1 to 55.2 points across control groups	Mean physical functioning score in the intervention groups was **13.10 points higher** (1.98 to 24.22 higher)		725 (5 studies)	⊕⊕○○ **Low**[b,g]	Higher score indicates improved physical function
Depression: HADS depression score (0 to 21 points) (end of treatment)	Mean depression score ranged across control groups from 5.2 to 11.2 points	Mean depression score in the intervention groups was **1.63 points lower** (3.50 lower to 0.23 higher)		504 (5 studies)	⊕○○○ **Very low**[b,g,h]	Lower score indicates fewer depressive symptoms
Sleep: Jenkins Sleep Scale (0 to 20 points) (end of treatment)	Mean sleep score ranged across control groups from 11.7 to 12.2 points	Mean sleep score in the intervention groups was **1.49 points lower** (2.95 to 0.02 lower)		323 (2 studies)	⊕⊕○○ **Low**[b,h]	Lower score indicates improved sleep quality
Self-perceived changes in overall health (end of treatment)	**Study population**		**RR 1.83** (1.39 to 2.40)	489 (4 studies)	⊕⊕⊕○ **Moderate**[b]	RR higher than 1 means that more participants in exercise groups reported improvement
	218 per 1000	**399 per 1000** (303 to 523)				
	Medium-risk population					
	238 per 1000	**436 per 1000** (331 to 571)				
Drop-out (end of treatment)	**Study population**		**RR 1.63** (0.77 to 3.43)	843 (6 studies)	⊕⊕○○ **Low**[b,g]	RR higher than 1 means that more participants in exercise groups dropped out from treatment
	70 per 1000	**114 per 1000** (54 to 241)				
	Medium-risk population					

	89 per 1000	**145 per 1000** (69 to 305)	

*The basis for the **assumed risk** (e.g. median control group risk across studies) is provided in footnotes. The **corresponding risk** (and its 95% confidence interval) is based on the assumed risk in the comparison group and the **relative effect** of the intervention (and its 95% CI).
CI: Confidence interval; **RR:** Risk ratio.

GRADE Working Group grades of evidence.
High quality: Further research is very unlikely to change our confidence in the estimate of effect.
Moderate quality: Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate.
Low quality: Further research is very likely to have an important impact on our confidence in the estimate of effect and is likely to change the estimate.
Very low quality: We are very uncertain about the estimate.

[a] We choose to present effect estimates as measured on the original scales rather than to transform them to standardised units. As 3 different scoring systems for fatigue were used, the outcome is presented over 3 rows.
[b] Risk of bias (-1): All studies were at risk of performance bias, as they were unblinded.
[c] Inconsistency (-1): shows inconsistencies with other available trials when meta-analysis based on standardised mean differences is performed. Subgroup analyses could not explain variation due to diagnostic criteria, treatment strategy or type of control.
[d] Risk of bias (0): This outcome is unlikely to have been affected by detection or performance bias.
[e] Imprecision (-1): low numbers of events and wide confidence intervals.
[f] Imprecision (-2): very low numbers of participants and wide confidence intervals, which encompass benefit and harm.
[g] Inconsistency (-1): variation in effect size and direction of effect across available studies.
[h] Imprecision (-1): Confidence interval fails to exclude negligible differences in favour of the intervention.

BACKGROUND

Description of the condition

Chronic fatigue syndrome (CFS) is an illness characterised by persistent, medically unexplained fatigue. Symptoms include severe, disabling fatigue, as well as musculoskeletal pain, sleep disturbance, headaches, and impaired concentration and short-term memory (Prins 2006). Individuals experience significant disability and distress, which may be exacerbated by lack of understanding from others, including healthcare professionals. The term 'myalgic encephalomyelitis (ME)' is often used, but 'CFS' is the term that has been adopted and clearly defined for research purposes, and it will be used in this review. The diagnosis can be made only after all alternative diagnoses have been excluded (Reeves 2003; Reeves 2007); several sets of criteria are currently used to diagnose CFS (Carruthers 2011; Fukuda 1994; NICE 2007; Reeves 2003; Sharpe 1991). The Centers for Disease Control and Prevention (CDC) 1994 diagnostic criteria for CFS (Fukuda 1994) are the most widely cited for research purposes (Fonhus 2011), resulting in prevalence of CFS of between 0.24% (Reyes 2003) and 2.55% (Reeves 2007) among US adults. Practical application of diagnostic criteria may help to explain some of the observed variation in prevalence estimates (Johnston 2013). In practice, most patients visit their local general practitioner (GP) for assessment. A minority of patients may be referred to specialist clinics (e.g. neurology, infectious diseases, psychiatry, endocrinology or general medicine) for exclusion of alternative underlying disorders.

Description of the intervention

Exercise therapy is often included as part of a treatment programme for individuals with CFS. 'Exercise' is defined as "planned structured and repetitive bodily movement done to improve or maintain one or more components of physical fitness" (ACSM 2001); 'therapy' is defined as "treatment intended to relieve or heal a disorder" (Oxford English Dictionary). We define 'exercise therapy' as a "regimen or plan of physical activity designed and prescribed [and] intended to relieve or heal a disorder," and 'therapeutic exercise' or 'exercise therapy' can be described as "planned exercise performed to attain a specific physical benefit, such as maintenance of the range of motion, strengthening of weakened muscles, increased joint flexibility, or improved cardiovascular and respiratory function" (Mosby 2009). Aerobic exercise such as walking, jogging, swimming or cycling is included, along with anaerobic exercise such as strength or stabilising exercises. Graded exercise therapy is characterised by establishment of a baseline of achievable exercise or physical activity, followed by a negotiated, incremental increase in the duration of time spent physically active followed by an increase in intensity (White 2011).

How the intervention might work

Physical activity can improve health and quality of life for patients with chronic disease (Blair 2009). The causal pathway for CFS is unknown; however several hypotheses have been proposed as to why exercise therapy might be a viable treatment. The 'deconditioning model' assumes that the syndrome is perpetuated by reversible physiological changes of deconditioning and avoidance of activity; therefore exercise should improve deconditioning and thus the condition of patients with CFS (Clark 2005; White 2011). However, mediation studies suggest that improved conditioning is not associated with better outcomes (Fulcher 1997; Moss-Morris 2005). Some graded exercise therapy (GET) programmes are designed to gradually reintroduce the patient to the avoided stimulus of physical activity or exercise, which may involve a conditioned response leading to fatigue (Clark 2005; Fulcher 2000; White 2011). Mediation studies suggest that reduced symptom focus may mediate outcomes with GET, consistent with this model (Clark 2005; Moss-Morris 2005). Evidence has also been found for central sensitisation contributing to hyperresponsiveness of the central nervous system to a variety of visceral inputs (Nijs 2011). The most replicated finding in patients with CFS is an increased sense of effort during exercise, which is consistent with this model (Fulcher 2000; Paul 2001). Graded exercise therapy may reduce this extra sense of effort, perhaps by reducing central sensitisation (Fulcher 1997).

Further research is needed to verify these hypotheses, but effective treatments may be discovered without knowledge of the effective pathway or underlying cause.

Why it is important to do this review

The previous Cochrane review (Edmonds 2004) suggested that exercise therapy was a promising treatment but that larger studies were needed to address the safety of this therapy (Edmonds 2004). Such studies have been completed and their findings published, so that the present time is propitious for an updated review. Exercise therapy is often used as treatment for individuals with CFS and is recommended by treatment guidelines (NICE 2007). People with CFS should have the opportunity to make informed decisions about their care and treatment based on robust research evidence. This review will examine the effectiveness of exercise therapy, provided as a stand-alone intervention or as part of a treatment plan. The Cochrane Collaboration has reviewed multiple aspects of treatment for patients with CFS. A review on CBT was published in 2008 (Price 2008), and one on traditional Chinese herbal medicine in 2009 (Adams 2009); also, a protocol on pharmacological treatments was submitted (Hard 2009).

This review, which is an update of a Cochrane review first published in 2004, will update the evidence base that serves as a resource for informed decision making by healthcare personnel and patients. A protocol for an accompanying individual patient data

review on chronic fatigue syndrome and exercise therapy has been published (Larun 2014).

OBJECTIVES

The objective of this review was to determine the effects of exercise therapy (ET) for patients with chronic fatigue syndrome (CFS) as compared with any other intervention or control.

- Exercise therapy versus 'passive control' (e.g. treatment as usual, waiting-list control, relaxation, flexibility).

- Exercise therapy versus other active treatment (e.g. cognitive-behavioural therapy (CBT), cognitive treatment, supportive therapy, pacing, pharmacological therapy such as antidepressants).

- Exercise therapy in combination with other specified treatment strategies versus other specified treatment strategies (e.g. exercise combined with pharmacological treatment vs pharmacological treatment alone).

METHODS

Criteria for considering studies for this review

Types of studies

We included randomised controlled trials, as well as cluster-randomised trials and cross-over trials.

Types of participants

We included trials of male and female participants over the age of 18, irrespective of cultures and settings. Investigators currrently have used several sets of criteria to diagnose CFS (Carruthers 2011; Fukuda 1994; NICE 2007; Reeves 2003; Sharpe 1991); therefore we decided to include trials in which participants fulfilled the following diagnostic criteria for CFS or ME.

- Fatigue, or a symptom synonymous with fatigue, was a prominent symptom.
- Fatigue was medically unexplained (i.e. other diagnoses known to cause fatigue such as anorexia nervosa or sleep apnoea could be excluded).
- Fatigue was sufficiently severe to significantly disable or distress the participant.
- Fatigue persisted for at least six months.

We included trials that included participants with disorders other than CFS provided that > 90% of participants had been given a primary diagnosis of CFS based on the criteria discussed above. We included in the analysis of this review trials in which less than 90% of participants had a primary diagnosis of CFS only if data on CFS were reported separately.

Co-morbidity

Studies involving participants with co-morbid physical or common mental disorders were eligible for inclusion only if the co-morbidity did not provide an alternative explanation for fatigue.

Types of interventions

Experimental intervention

Both aerobic and anaerobic interventions aimed at exercising big muscle groups, for example, walking, swimming, jogging and strength or stabilising exercises, could be included. Both individual and group treatment modalities were eligible, but interventions had to be clearly described and supported by appropriate references.

'Exercise therapy' is an umbrella term for the different types of exercise provided; it is based on the American College of Sports Medicine definition (ACSM 2001). We categorised exercise therapies in this review in accordance with descriptions of the interventions provided by individual studies. We prepared a table of Interventions with detailed information on exercise therapy reported by the included studies, as definitions vary across time and context. As a point of reference, we used the following empirical definitions, as derived from descriptions of the interventions.

- Graded exercise therapy (GET): exercise in which the incremental increase in exercise was mutually set.
- Exercise with pacing: exercise in which the incremental increase in exercise was personally set.
- Anaerobic exercise: exercise that requires a high level of exertion, in a brief spurt or short-term in duration by the participant that can be gradually increased over time with practice

We did not impose restrictions with regard to the duration of each treatment session, the number of sessions or the time between sessions. Trials presenting data from one of the following comparisons were eligible for inclusion.

Comparator interventions

- 'Passive control': treatment as usual/waiting-list control/relaxation/flexibility.
    - 'Treatment as usual' comprises medical assessments and advice given on a naturalistic basis. 'Relaxation' consists of techniques that aim to increase muscle relaxation (e.g. autogenic

training, listening to a relaxation tape). 'Flexibility' includes stretches performed according to selected exercises given.

- Psychological therapies: cognitive-behavioural therapy (CBT)/cognitive treatment/supportive therapy/behavioural therapies/psychodynamic therapies.
- Adaptive pacing therapy.
- Pharmacological therapy (e.g. antidepressants).

Types of outcome measures

Primary outcomes

1. Fatigue: measured using any validated scale (e.g. Fatigue Scale (FS) (Chalder 1993), Fatigue Severity Scale (FSS) (Krupp 1989)).
2. Adverse outcomes: measured using any reporting system (e.g. serious adverse reactions (SARs) (European Union Clinical Trials Directive 2001)).

Secondary outcomes

3. Pain: measured using any validated scale (e.g. Brief Pain Inventory (Cleeland 1994)).
4. Physical functioning: measured using any validated scale (e.g. Short Form (SF)-36, physical functioning subscale (Ware 1992)).
5. Quality of life (QOL): measured using any validated scale (e.g. Quality of Life Scale (Burckhardt 2003)).
6. Mood disorders: measured using validated instruments (e.g. Hospital Anxiety and Depression Scale (Zigmond 1983)).
7. Sleep duration and quality: measured by self-report on a validated scale, or objectively by polysomnography (e.g. Pittsburgh Sleep Quality Index (Buysse 1989)).
8. Self-perceived changes in overall health: measured by self-report on a validated scale (e.g. Global Impression Scale (Guy 1976)).
9. Health service resource use (e.g. primary care consultation rate, secondary care referral rate, use of alternative practitioners).
10. Drop-outs (any reason).

Timing of outcome assessment

We extracted from all studies data on each outcome for end of treatment and end of follow-up.

Search methods for identification of studies

Electronic searches

The Cochrane Collaboration's Depression, Anxiety and Neurosis (CCDAN) Review Group's Trials Search Coordinator (TSC) searched their Group's Specialized Register (CCDANCTR-Studies and CCDANCTR-References) (all years to 9 May 2014). This register is created from routine generic searches of MEDLINE (1950-), EMBASE (1974-) and PsycINFO (1967-). Details of CCDAN's generic search strategies, used to inform he CCDANCTR can be found on the Group's web site.

The CCDANCTR-Studies Register was searched using the following terms:

Diagnosis = ("Chronic Fatigue Syndrome" or fatigue) and Free Text = (exercise or sport* or relaxation or "multi convergent" or "tai chi")

The CCDANCTR-References Register was searched using a more sensitive list of free-text search terms to identify additional untagged/uncoded references, e.g. fatigue*, myalgic encephalomyelitis*, exercise, physical active* and taiji. Full search strategy listed in Appendix 1.

A complementary search of the following bibliographic databases and international trial registers were also conducted to 9 May 2014 (see Appendix 2):

- SPORTSDiscus (1985 -);
- The Cochrane Central Register of Controlled Trials (CENTRAL, all years -); and
- WHO International Clinical Trials Portal.

Searching other resources

We contacted the authors of included studies and screened reference lists to identify additional published or unpublished data. We conducted citation searches using the Institute for Scientific Information (ISI) Science Citation Index on the Web of Science.

Data collection and analysis

Selection of studies

Two of three review authors (LL, JO-J, KGB) inspected identified studies, using eligibility criteria to select relevant studies. In cases of disagreement, they consulted a third review author (JRP).

Data extraction and management

Melissa Edmonds and Jonatahan R Price independently extracted data from included studies for the 2004 version of this review, and LL and JO-J did so for this review update, using a standardised extraction sheet. They extracted mean scores at endpoint, the standard deviation (SD) or standard error (SE) of these values and the number of participants included in these analyses. When only the SE was reported, review authors converted it to the SD. For dichotomous outcomes, such as drop-outs, we extracted the number of events. We sought clarification from trial authors when necessary from investigators involved in the following trials: Fulcher 1997, Moss-Morris 2005, Wallman 2004, Wearden 2009, Wearden 2010 and White 2011. We resolved disagreement between review authors by discussion.

Main comparisons

- Exercise therapy versus 'passive control'.
- Exercise therapy versus psychological treatment.
- Exercise therapy versus adaptive pacing therapy.
- Exercise therapy versus pharmacological therapy (e.g. antidepressants).
- Exercise therapy as an adjunct to other treatment versus other treatment alone.

Assessment of risk of bias in included studies

Working independently, LL and JO-J, KGB or Jane Dennis (JD) assessed risk of bias using The Cochrane Collaboration risk of bias tool which was published in the most recent version of the *Cochrane Handbook for Systematic Reviews of Interventions* (Higgins 2011). This tool encourages consideration of how the sequence was generated, how allocation was concealed, the integrity of blinding at outcome, the completeness of outcome data, selective reporting and other potential sources of bias. We classified all items in the risk of bias assessment as low risk, high risk or unclear risk by the extent to which bias was prevented.

Measures of treatment effect

Continuous data

For continuous outcomes, we calculated the mean difference (MD) when the same scale was used in a similar manner across studies. When results for continuous outcomes were presented using different scales or different versions of the same scale, we used the standardised mean difference (SMD).

Dichotomous data

For dichotomous outcomes, we expressed effect size in terms of risk ratio (RR).

Unit of analysis issues

Studies with multiple treatment groups

We extracted data from relevant arms of the included studies, and we compared the experimental condition (exercise therapy) versus each individual comparator intervention: 'Passive control' (treatment as usual/waiting-list control/relaxation/flexibility); 'Psychological treatment' (cognitive-behavioural therapy (CBT)/cognitive treatment/supportive therapy/behavioural therapies/psychodynamic therapies); 'Adaptive pacing therapy; and Pharmacological therapy (e.g. antidepressants). This meant that data from the exercise arm could be included in a separate univariate analysis for more than one comparison. We described under Differences between protocol and review planned methods that were found redundant, as we did not include studies requiring their use.

Dealing with missing data

When possible, we calculated missing standard deviations from reported standard errors, P values or confidence limits using the methods described in Chapter 7 (Sections 7.7.3.2 and 7.7.3.3) of the *Cochrane Handbook for Systematic Reviews of Interventions* (Higgins 2011). We approached trial investigators to obtain other types of missing data.

Assessment of heterogeneity

For this update, we assessed heterogeneity in keeping with the recommendations of the *Cochrane Handbook for Systematic Reviews of Interventions* (I^2 values of 0 to 40%: might not be important; 30% to 60%: may represent moderate heterogeneity; 50% to 90%: may represent substantial heterogeneity; 75% to 100%: show considerable heterogeneity; Higgins 2011). In addition to the I^2 value (Higgins 2003), we present the P value of the Chi^2 test, and we considered the direction and magnitude of treatment effects when making judgements about statistical heterogeneity. We deemed that no analyses were inappropriate as a result of the presence of statistical heterogeneity, as the measures and statistics used have low power and are unstable when based on few and small studies. A P value < 0.1 from the Chi^2 test was used as an indicator of statistically significant heterogeneity because of the low power of provided measures.

Assessment of reporting biases

We planned at the protocol stage to construct funnel plots when sufficient numbers of trials allowed a meaningful presentation, to establish whether other potential biases could be present. Asymmetry of these plots may indicate publication bias, although it also may represent a true relationship between trial size and effect size. We identified an insufficient number of studies to use this approach in the present version of the review (Egger 1997). We considered clinical diversity of the studies as a possible explanation for some of the heterogeneity apparent between studies.

Data synthesis

As the result of expected clinical heterogeneity (slightly different interventions, populations and comparators) among studies, we chose the random-effects model as the default method of analysis because the alternative fixed-effect model assumes that the true treatment effect in each trial is the same, and that observed differences are due to chance.

We performed analyses using Review Manager 5.0.

Subgroup analysis and investigation of heterogeneity

We planned no subgroup analyses a priori. To explore possible differences between studies that used different strategies (e.g. exercise therapy), control conditions and diagnostic criteria, we performed post hoc subgroup analyses. We describe results of these subgroup analyses in the text of the review.

Sensitivity analysis

We planned no sensitivity analyses a priori. To explore the possible impact of our pooling strategy (e.g. the impact of using SMD vs MD), we performed post hoc sensitivity analyses. In addition, we performed sensitivity analyses when studies with outlying results where excluded. We describe results of these sensitivity analyses in the text of the review.

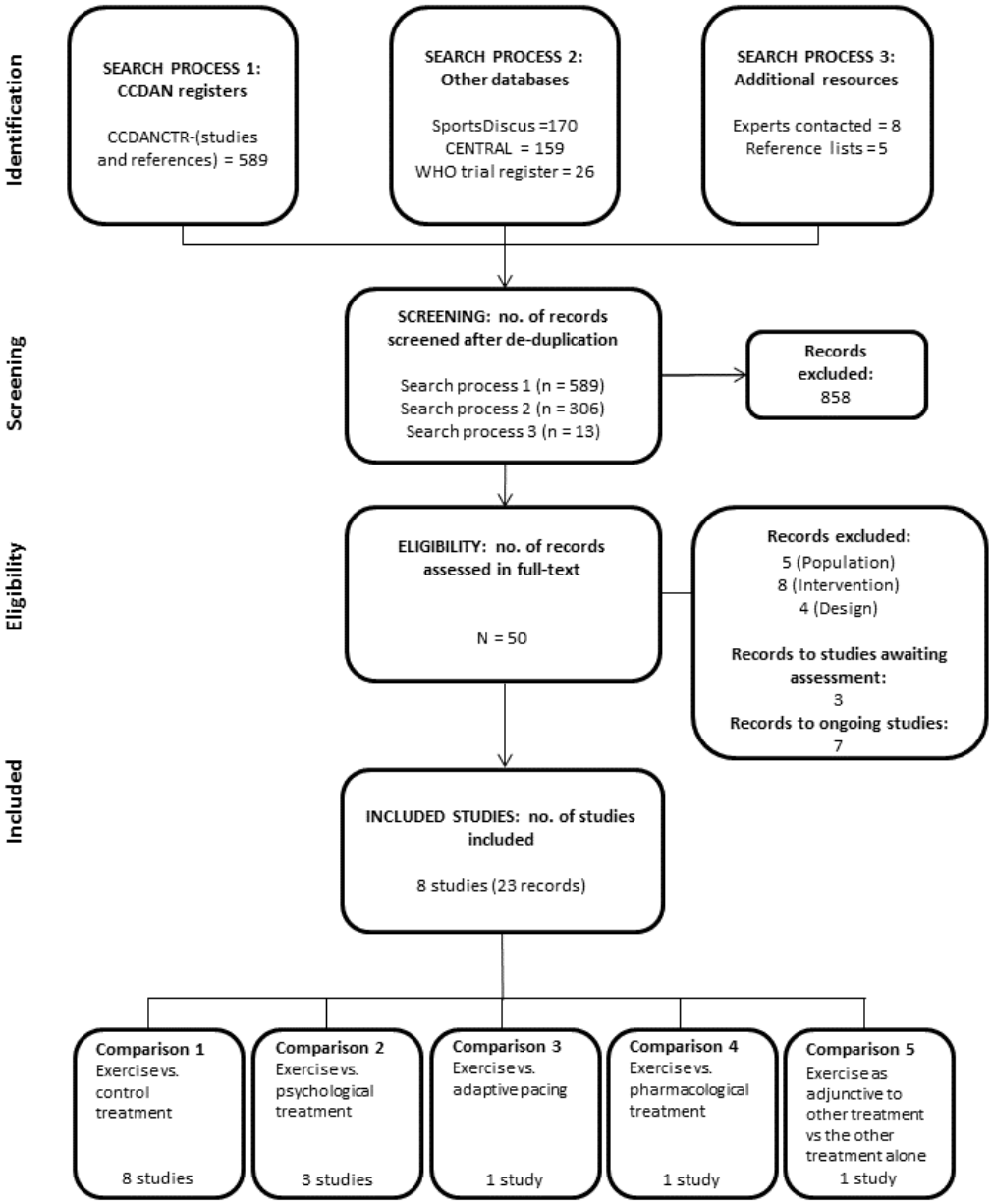
RESULTS

Description of studies

Results of the search

Our searches identified 908 unique records. Of these, we retrieved 50 records and read the full text. Along with the five included studies from the 2004 version of this review (Fulcher 1997; Moss-Morris 2005; Powell 2001; Wallman 2004; Wearden 1998), we have included three additional studies in this update (Jason 2007; Wearden 2010; White 2011; see Figure 1).

Figure 1. PRISMA flow diagram.



Included studies

A total of eight studies (Fulcher 1997; Jason 2007; Moss-Morris 2005; Powell 2001; Wallman 2004; Wearden 1998; Wearden 2010; White 2011) met our inclusion criteria for this review (23 reports in all). All included studies were written in English and were published in peer-reviewed journals.

Design

All included studies were described as randomised controlled trials. Three studies included two arms (Fulcher 1997; Moss-Morris 2005; Wallman 2004) comparing exercise versus relaxation/flexibility, waiting list or standard care, respectively.

Four studies had four arms. For Powell 2001, we combined the three intervention arms and used these as comparators versus treatment as usual. We considered two arms (exercise + drug placebo vs exercise placebo + drug placebo) in Wearden 1998 as relevant for this review. For Jason 2007 and White 2011, all four arms were used, as were three arms in Wearden 2010.

The eight studies randomly assigned a total of 1518 participants. Samples included in this review ranged from 49 (Moss-Morris 2005) to 641 participants (White 2011).

Setting

Two studies took place in primary care settings: one in the United Kingdom (Wearden 2010) and one in Australia (Wallman 2004). Two studies were performed in secondary care facilities: one in the United Kingdom (Fulcher 1997) and one in New Zealand (Moss-Morris 2005). One study recruited from a variety of sources but took place at a hospital in the USA (Jason 2007). Three studies were conducted at secondary/tertiary care settings in the United Kingdom (Powell 2001; Wearden 1998; White 2011).

Participants

Three studies used the Centers for Disease Control and Prevention (CDC) 1994 criteria (Fukuda 1994) as inclusion criteria (Jason 2007; Moss-Morris 2005; Wallman 2004), and five (Fulcher 1997; Powell 2001; Wearden 1998; Wearden 2010; White 2011) used the Oxford criteria (Sharpe 1991). Wearden 2010 and White 2011 showed an overlap between Oxford criteria (Sharpe 1991) and London ME criteria (The National Task Force on CFS) of 31% and 51%, respectively. More female than male participants were included (range 71% to 84% when all arms were included), and mean ages across studies were between 33 and 44.6 years (confirmation of age data was requested from a trial investigator in one case (Wallman 2009)). The studies reported median illness duration of between 2.3 and 7 years. All but one study (Wallman 2004) reported depression, which ranged from 18% (Wearden 2010) of those with a depression diagnosis to 39% among participants with a current Axis I disorder (Jason 2007). Three studies did not report work and employment information (Wallman 2004; Wearden 2010; White 2011). Fulcher 1997 and Jason 2007 reported that 39% and 46% of participants were working or studying on at least a part-time basis, 22% of participants in Moss-Morris 2005 were unemployed and were unable to work because of disability and 42% of participants in Powell 2001 were receiving disability pensions (Table 1).

Intervention characteristics

The exercise therapy regimen lasted between 12 and 26 weeks. Seven studies used variations of aerobic exercise therapy such as walking, swimming, cycling or dancing at mixed levels in terms of intensity of the aerobic activity ranging from very low to quite rigorous; the remaining study used anaerobic exercise (Jason 2007). Scheduled therapist meetings could be conducted face-to-face or by telephone and varied from every second week to weekly; some sessions involved talking, and some exercise. Most of the included studies asked participants to exercise at home, most often between three and five times per week, with a target duration of 5 to 15 minutes per session using different means of incrementation (Fulcher 1997; Moss-Morris 2005; Powell 2001; Wallman 2004; Wearden 1998; Wearden 2010; White 2011). Participants were asked to perform self-monitoring by using such tools as heart monitors, the Borg Scale or a diary including an exercise log to measure adherence to treatment (Table 2). Control interventions included treatment as usual, relaxation plus flexibility and a waiting-list control group.

Outcomes

The main outcomes were symptom levels measured by rating scales at end of treatment (12 to 26 weeks) and at follow-up (52 to 70 weeks). Fatigue was measured by the Fatigue Scale (FS) (Chalder 1993) in seven studies (Fulcher 1997; Moss-Morris 2005; Powell 2001; Wallman 2004; Wearden 1998; Wearden 2010; White 2011) and by the Fatigue Severity Scale (FSS) (Krupp 1989) in one study (Jason 2007). Another study (White 2011) reported adverse outcomes according to SAR categories (European Union Clinical Trials Directive 2001).

The Jason 2007 study measured pain using the Brief Pain Inventory (Cleeland 1994). Physical functioning was measured by the SF-36 physical functioning subscale (Ware 1992) in seven studies (Fulcher 1997; Jason 2007; Moss-Morris 2005; Powell 2001; Wearden 1998; Wearden 2010; White 2011). Quality of life was measured by the Quality of Life Scale (QOLS) (Burckhardt 2003) in another study (Jason 2007).

Seven studies (Fulcher 1997; Jason 2007; Moss-Morris 2005; Powell 2001; Wallman 2004; Wearden 2010; White 2011) reported self-perceived changes in overall health using the Global Impression Scale (Guy 1976).

Of the seven studies that reported mood disorder, six (Fulcher 1997; Powell 2001; Wallman 2004; Wearden 1998; Wearden 2010; White 2011) used the Hospital Anxiety and Depression Scale (HADS) (Zigmond 1983), and one (Jason 2007) used the Beck Depression Inventory (BDI-II) (Beck 1996) and the Beck Anxiety Inventory (BAI) (Hewitt 1993). Three studies (Powell 2001; Wearden 2010; White 2011) measured sleep problems by using a questionnaire (Jenkins 1988), two (Fulcher 1997; Powell 2001) by using the Pittburgh Sleep Quality Index (PSQI) (Buysse 1989).

One study reported health service resource use (White 2011).

Drop-out was calculated by the review authors.

Included studies reported several outcomes in addition to those reported in this review, such as work capacity by oxygen consumption (VO_2), the six-minute walking test and illness beliefs. See Characteristics of included studies for more detailed information.

Ethics approval

Ethics approval was obtained for all listed studies and sponsoring or funding listed.

Excluded studies

Two studies were excluded in 2004, as the diagnoses used were Gulf War veterans' illness (Guarino 2001) and subclinical chronic fatigue (Ridsdale 2004). The study awaiting assessment from 2004 was also excluded (Stevens 1999), as exercise therapy was a minor part of a combination treatment.

The current version excluded 14 studies (Evering 2008; Gordon 2010; Guarino 2001; Nunez 2011; Ridsdale 2004; Ridsdale 2012; Russel 2001; Stevens 1999; Taylor 2004; Taylor 2006; Thomas 2008; Tummers 2012; Viner 2004; Wright 2005). In addition to the two studies excluded from the 2004 version because of the population included (Guarino 2001; Ridsdale 2004), another with the diagnosis of chronic fatigue was excluded (Ridsdale 2012), as were two in which participants were younger than 18 years (Viner 2004; Wright 2005). Along with the one study excluded in 2004 (Stevens 1999), another five studies (Evering 2008; Nunez 2011; Russel 2001; Taylor 2004; Tummers 2012) were excluded in this review update because exercise therapy was a minor part of the intervention. One study was excluded because investigators compared two exercise interventions (Gordon 2010). Two studies were excluded because they were not RCTs (Taylor 2006; Thomas 2008).

Ongoing studies

We identified five ongoing studies in trial registers (Broadbent 2012; Kos 2012; Marques 2012; Vos-Vromans 2008; White 2012).

Studies awaiting classification

Studies identified from searches run to 9 May 2014 were assessed for eligibility and were classified accordingly. Three studies identified in the search are waiting assessment for possible inclusion, as the available information is too sparse for conclusions about eligibility. One abstract seems to refer to an unpublished study (Hatcher 1998), but we have not been able to contact the study authors for clarification. Additionally, two citations refer to studies that are available only in Chinese (Liu 2010; Zhuo 2007). Again, we have not been able to contact the study authors to clarify their relevance, and we have not had the resources to perform translation.

New studies found at this update

Three new studies have been added in this updated review (Jason 2007; Wearden 2010; White 2011).

Risk of bias in included studies

Summaries of the risk of bias assessments are presented in Figure 2 and Figure 3.

Figure 2. Risk of bias summary: review authors' judgements about each risk of bias item for each included study.

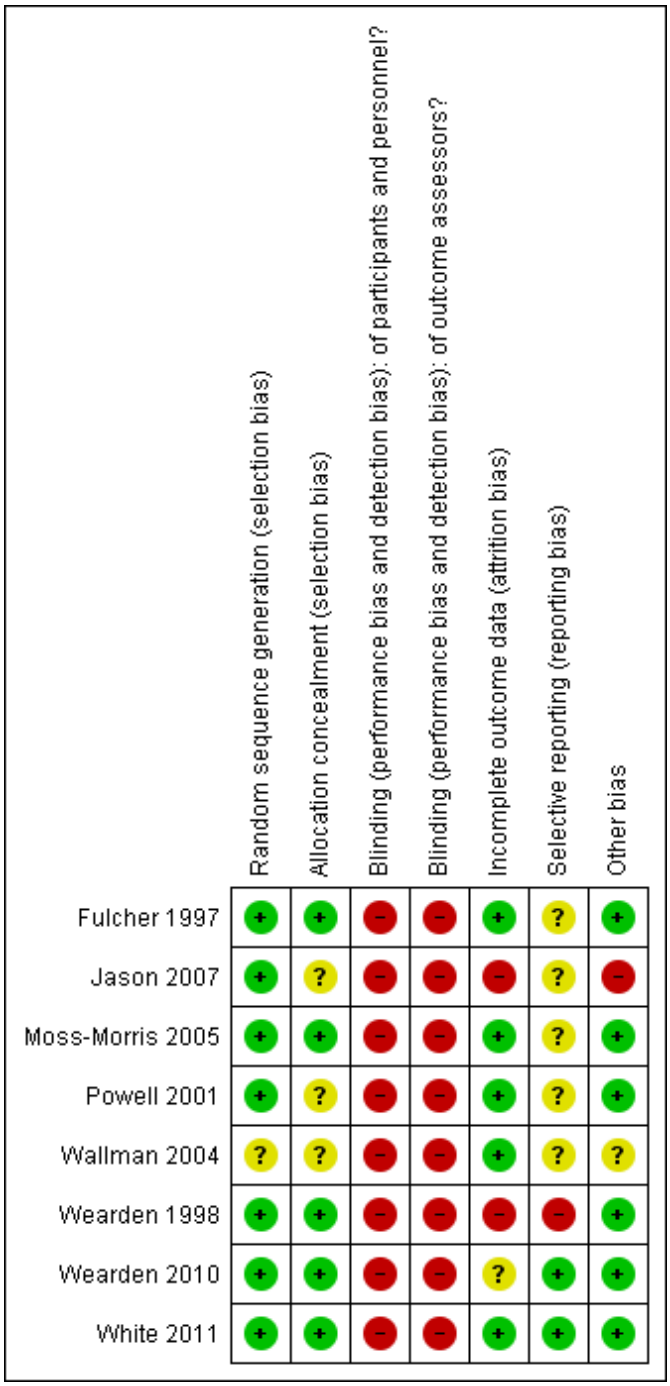
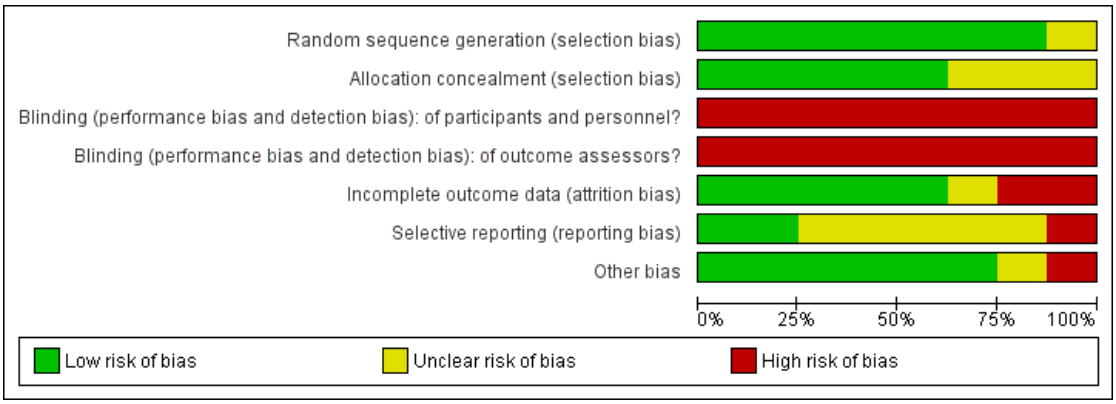


Figure 3. Risk of bias graph: review authors' judgements about each risk of bias item presented as percentages across all included studies.



Allocation

All but one of the studies had adequate sequence generation (Wallman 2004). We judged five reported methods of allocation concealment as 'adequate' and found that methods described by the remaining three were unclear (Jason 2007; Powell 2001; Wallman 2004).

Blinding

As the intervention did not allow for blinding of participants or personnel delivering the exercise-based interventions, and as all measures were performed by self-report, blinding was impossible. This inevitably puts the review at some risk of bias, and all of the included studies were rated as having high risk of bias.

Incomplete outcome data

Risk of bias due to incomplete outcomes was low in five of the eight included studies, reflecting the fact that loss to follow-up was low, and that participants who were lost to follow-up were evenly distributed between intervention and control groups (Fulcher 1997; Moss-Morris 2005; Powell 2001; Wallman 2004; White 2011). One trial was associated with unclear risk of attrition bias (Wearden 2010). The drop-out rate in the intervention groups in this trial was relatively high, but most of the participants who dropped out from treatment were still available for follow-up assessments and were analysed within the groups to which they were randomly assigned (Wearden 2010). Two trials were associated with high risk of attrition bias (Jason 2007; Wearden 1998). Wearden 1998 reported large drop-out rates in all intervention groups as compared with control groups, and many participants were lost to follow-up. In Jason 2007, the conservatively defined drop-out rate (i.e. "attending four or fewer sessions or stopping therapy prior to satisfactory completion of therapy") on average was 25%. Study authors used the best linear unbiased predictor to avoid taking missing data into account, but as loss to follow-up for various intervention groups was not reported, we assessed the risk of attrition bias as high for this trial.

Selective reporting

Two studies (Wearden 2010; White 2011) referenced published protocols, and when we checked these against the published results, we found that reporting was adequate. In one study (Wearden 1998), trial investigators reported numerical data for only one subscale (health perception) of the Medical Outcomes Survey (MOS) scale (Ware 1992), for which data favour the intervention group; no numerical data were given for the five other subscales, nor for another scale (anxiety), as data were "similar in trial completers." It was not possible to check the other studies for selective reporting bias; therefore their risk of bias is considered unclear.

Other potential sources of bias

Seven of the eight studies seem to be free of other sources of bias, and one showed a baseline difference across groups for several

variables (Jason 2007). These were not discussed when results were presented in the paper. In addition this study had 25 outcome measures; because of this large number, one significant measure would be expected to occur by chance (Jason 2007). Wallman 2004 showed differences between groups for anxiety and mental fatigue at baseline, and this might have influenced the results.

Effects of interventions

See: **Summary of findings for the main comparison**

Exercise therapy versus control

Comparison 1. Exercise therapy versus treatment as usual, relaxation or flexibility

All included studies (Fulcher 1997; Jason 2007; Moss-Morris 2005; Powell 2001; Wallman 2004; Wearden 1998; Wearden 2010; White 2011) contributed data for this comparison.

1.1 Fatigue

Powell 2001 (148 participants) assessed fatigue by dichotomised scoring of an 11-item Fatigue Scale (FS, 0 to 11 points) (Chalder 1993) and reported results clearly in favour of exercise therapy (mean difference (MD) -6.06, 95% confidence interval (CI) -6.95 to -5.17; Analysis 1.1). Three studies (Wallman 2004; Wearden 2010; White 2011) measured fatigue among a total of 540 participants using the same 11-item FS with a different scoring system (0 to 33 points) (Chalder 1993) (Analysis 1.1). The pooled estimate suggests that exercise therapy was significantly more effective than treatment as usual (MD -2.82, 95% CI -4.07 to -1.57) - a result that was not associated with heterogeneity (I^2 = 0%, P value 0.54). Three studies (Fulcher 1997; Moss-Morris 2005; Wearden 1998) with a total of 152 participants measured fatigue using a 14-item FS (0 to 42 points) (Chalder 1993). Pooling shows a significant decrease in fatigue in the exercise group when compared with treatment as usual (MD -6.80 points, 95% CI -10.31 to -3.28), and the analysis was associated with low heterogeneity (I^2 = 20%, P value 0.29).

At follow-up, small strengthening of the effect was observed on the 11-point FS (Chalder 1993) as reported by Powell 2001 (MD -7.13, 95% CI -7.97 to -6.29; 148 participants; Analysis 1.2). Pooling of the two studies (Wearden 2010; White 2011) that measured fatigue on the 33-point scale resulted in almost the same effect estimate at follow-up as at end of treatment (MD -2.87, 95% CI -4.18 to -1.55; 472 participants; Analysis 1.2). The latter analysis was not associated with any unexplained heterogeneity (I^2 = 0%, P value 0.46). Jason 2007 (50 participants) did not report results at end of treatment but showed little or no difference in fatigue between anaerobic exercise and treatment as usual at follow-up, as measured on the Fatigue Severity Scale (FSS) (Krupp 1989) (MD 0.15, 95% CI -0.55 to 0.85; Analysis 1.2).

Sensitivity analysis

Investigating heterogeneity

At end of treatment, fatigue was measured and reported on different scales, and we performed a sensitivity analysis in which all available studies were pooled using an SMD method. This strategy led to a pooled random-effects estimate of -0.68 (95% CI -1.02 to -0.35), but the analysis suffered from considerable heterogeneity (I^2 = 78%, P value < 0.0001; Analysis 1.19). The observed heterogeneity was caused mainly by the deviating results presented in Powell 2001. Exclusion of Powell 2001 gave rise to a pooled SMD of -0.46 (95% CI -0.63 to -0.29) - an estimate that was not associated with heterogeneity (I^2 = 13%, P value 0.33).

At follow-up, the four available studies (Jason 2007; Powell 2001; Wearden 2010; White 2011) measured and reported fatigue on different scales, and we performed a sensitivity analysis in which all available studies were pooled using an SMD method. The pooled SMD estimate is -0.63 (95% CI -1.32 to 0.06), but heterogeneity was extensive (I^2 = 93%, P value < 0.00001). Exclusion of Powell 2001 gave rise to a new pooled SMD of -0.29 (95% CI -0.55 to -0.03) and reduced heterogeneity (I^2 = 46%, P value 0.16).

Subgroup analysis

To explore the possible impact of our pooling strategy (e.g. the impact of pooling studies adhering to different exercise strategies and control conditions), we performed post hoc subgroup analyses within Analysis 1.1 and Analysis 1.2.

Type of exercise

Post hoc subgroup analysis based on treatment strategy could not establish differences (I^2 = 0%, P value 0.60) between studies of graded exercise therapy (Fulcher 1997; Moss-Morris 2005; Powell 2001; Wearden 1998; Wearden 2010; White 2011) and studies testing exercise with self-pacing (Wallman 2004) (SMD -0.71, 95% CI -1.09 to -0.32; I^2 = 82% vs SMD -0.54, 95% CI -1.05 to -0.02, respectively) (Analysis 1.19).

At follow-up, post hoc subgroup analysis resulted in statistically significant subgroup differences (I^2 = 73.7%, P value 0.05) between the three studies (Powell 2001; Wearden 2010; White 2011) comparing graded exercise versus treatment as usual (SMD -0.86, 95% CI -1.67 to -0.05; I^2 = 95%) and Jason 2007, in which anaerobic activity was compared with relaxation (SMD 0.12, 95% CI -0.44 to 0.67).

Type of control

We cannot establish a subgroup difference (I^2 = 0%, P value 0.88) between the five studies with treatment as usual as control (Moss-Morris 2005; Powell 2001; Wearden 1998; Wearden 2010; White 2011) and the two studies prescribing relaxation or flexibility to

participants in the control arm (Fulcher 1997; Wallman 2004) (SMD -0.70, 95% CI -1.14 to -0.25 vs SMD -0.65, 95% CI -1.02 to -0.28).

Diagnostic criteria

As the use of various diagnostic criteria is often emphasised as particularly important with regard to treatment response, we also performed subgroup analyses based on diagnostic criteria. Comparison of the two studies using 1994 CDC criteria (Moss-Morris 2005; Wallman 2004) and the five studies using the Oxford criteria (Fulcher 1997; Powell 2001; Wearden 1998; Wearden 2010; White 2011) revealed no differences between subgroups (I^2 = 0%, P value 0.84) (SMD -0.73, 95% CI -1.17 to -0.28 vs SMD -0.66, 95% CI -1.09 to -0.24).

1.2 Adverse effects

White 2011 reported two serious adverse reactions (SARs) (European Union Clinical Trials Directive 2001) possibly related to treatment among the 160 participants (i.e. deterioration in mobility and self-care and worse CFS symptoms and function) in the exercise group and two SARs among the 159 participants in the control group (i.e. worse CFS symptoms and function and increased depression and incapacity) (odds ratio (OR) 0.99, 95% CI 0.14 to 7.1; Analysis 1.3). Participants in the Wearden 2010 trial reported no SARs to therapy.

1.3 Pain

Wearden 1998 reported that all treated groups scored similarly on the pain subscale of SF-36 (Ware 1992), but measured values were not reported.

One trial, Jason 2007 (43 participants), assessed pain using the Brief Pain Inventory (Cleeland 1994) at follow-up (Analysis 1.4) and observed an MD of -0.97 (95% CI -2.44 to 0.50) on pain severity and -0.69 on the pain interference subscale (95% CI -2.48 to 1.10). The wide confidence interval implies that the results were inconclusive.

1.4 Physical functioning

Five trials (Fulcher 1997; Moss-Morris 2005; Powell 2001; Wearden 2010; White 2011) with a total of 725 participants assessed physical functioning according to the physical functioning subscale of SF-36 (Ware 1992) at end of treatment. The pooled estimate for these studies (Analysis 1.5) suggests that mean improvement for participants randomly assigned to exercise therapy was 13.10 points higher (95% CI 1.98 to 24.22) than for the treatment as usual group, but heterogeneity was considerable (I^2 = 89%, P value < 0.00001).

Four trials (669 participants) contributed data for evaluation of physical functioning at follow-up (Jason 2007; Powell 2001; Wearden 2010; White 2011). Jason 2007 observed better results among participants in the relaxation group (MD 21.48, 95% CI 5.81 to 37.15). However, results were distorted by large baseline differences in physical functioning between the exercise and relaxation groups (39/100 vs 54/100); therefore we decided not to include these results in the meta-analysis. Pooling of the three remaining trials (621 participants) showed a mean improvement on the SF-36 physical functioning subscale that was 16.33 points higher for exercise than for treatment as usual (95% CI -4.08 to 36.74; Analysis 1.6), but heterogeneity was excessive (I^2 = 96%, P value < 0.00001); therefore little or no difference cannot be ruled out.

Sensitivity analysis

Investigating heterogeneity

Extensive heterogeneity in Analysis 1.5 was largely driven by the remarkably positive effect of exercise therapy reported by Powell 2001. Heterogeneity (I^2) dropped to 52% (P value 0.10) following exclusion of Powell 2001, and the pooled mean difference still showed better improvement for participants in the exercise group (MD 7.37, 95% CI 1.23 to 13.51). The remaining heterogeneity may reflect the large variation in baseline physical functioning observed across studies, ranging from 29.8 (Wearden 2010) to 53.1 (Moss-Morris 2005), but the number of available studies was low; it is therefore difficult to explore this association further.

Also at follow-up, observed heterogeneity was driven by remarkably positive results in favour of exercise as reported by Powell 2001. If Powell 2001 was excluded, heterogeneity dropped to 0% (P value 0.50), and the two remaining trials (Wearden 2010; White 2011) reported a smaller but statistically significant difference in favour of exercise therapy (MD -5.79, 95% CI -10.53 to -1.06).

Subgroup analysis

To explore the possible impact of varying exercise strategies and control conditions, we performed post hoc subgroup analyses within Analysis 1.5 and Analysis 1.6.

Type of exercise

All studies included in Analysis 1.5 and Analysis 1.6 offered graded exercise therapy. Jason 2007 observed better results among participants in the relaxation group than among those in the anaerobic exercise group (MD 21.48, 95% CI 5.81 to 37.15) at follow-up. As stated above, these results were distorted by large baseline differences in physical functioning between exercise and relaxation groups (39 of 100 vs 54 of 100) and were not included in Analysis 1.6.

Type of control

At end of treatment, post hoc subgroup analysis did not establish a subgroup difference (I^2 = 0%, P value 0.92) between the four studies (Moss-Morris 2005; Powell 2001; Wearden 2010; White 2011) using treatment as usual as control (MD -12.96, 95% CI -26.63 to 0.72; I^2 = 92%) and Fulcher 1997, in which relaxation

or flexibility was used as a control (MD -13.87, 95% CI -24.31 to -3.43). All studies available for analysis at follow-up adhered to the treatment as usual control condition, hence no sensitivity analyses were performed within Analysis 1.6.

Diagnostic criteria

We found no evidence of subgroup differences (I^2 = 0%, P value 0.91) between one study diagnosing participants according to the 1994 CDC criteria (MD -14.05, 95% CI -27.48 to -0.62; Moss-Morris 2005) and four studies diagnosing participants according to the Oxford criteria (MD -12.92, 95% CI -25.99 to 0.14). All studies available for analysis at follow-up recruited participants in keeping with the Oxford criteria, thus no sensitivity analyses were performed within Analysis 1.6.

1.5 Quality of life

None of the included studies reported quality of life at end of treatment. At follow-up, an estimate of effect suggested improvement towards better quality of life (Burckhardt 2003) among participants in the control group (MD 9.00, 95% CI -1.00 to 19.00; P value 0.08) compared with those given exercise therapy (Jason 2007; Analysis 1.7; 44 participants), but little or no effect cannot be ruled out. This estimate is biased in favour of the control arm because of baseline differences between groups.

1.6.1 Depression

Five studies (Fulcher 1997; Powell 2001; Wallman 2004; Wearden 1998; Wearden 2010) with a total of 504 participants contributed information on depression at end of treatment (12 to 26 weeks), all utilising the depression subscale of the Hospital Anxiety and Depression Scale (HADS) (Zigmond 1983). Pooling study results yielded an estimate of effect that suggested improvement in depression scores among participants allocated to exercise therapy compared with controls (MD 1.6 points, 95% CI -0.23 to 3.5; Analysis 1.8), but the results were highly heterogeneous (I^2 = 84%, P value < 0.0001), and little or no difference cannot be ruled out. At follow-up (Analysis 1.9), Jason 2007 (45 participants) assessed depression using the Beck Depression Inventory (BDI-II) (Beck 1996) and observed no difference in depression scores (MD 3.44, 95% CI -3.00 to 9.88)-an estimate that favours controls because of baseline differences between groups. Three trials reported HADS depression subscale values (Zigmond 1983) at follow-up (Powell 2001; Wearden 2010; White 2011; 609 participants). The pooled estimate of effect suggests that exercise therapy improved depression more than treatment as usual (MD -2.26, 95% CI -5.09 to 0.56), but heterogeneity was considerable (I^2 = 92%, P value < 0.00001), and little or no difference cannot be ruled out.

Sensitivity analysis

Investigating heterogeneity

At end of treatment, Powell 2001 again reported very positive results and contributed greatly to the total heterogeneity. Exclusion of Powell 2001 led to a reduction in observed effect size (MD 0.80, 95% CI -0.21 to 1.82), but heterogeneity was also greatly reduced (I^2 = 36%, P value 0.20).

Also at follow-up, Powell 2001 reported a substantial benefit of exercise therapy compared with results described by the other trials. Exclusion of Powell 2001 from the meta-analysis was associated with a great reduction in heterogeneity, as I^2 dropped from 92% to 9% (P value 0.30). Exclusion of Powell 2001 was also associated with a change in the observed effect estimate (MD -0.77, 95% CI -1.64 to 0.09). Hence, we still see an effect estimate suggesting modest benefit associated with exercise therapy, but little or no difference cannot be ruled out.

Standardised mean difference (SMD)

At longer-term follow-up, depression was measured and reported on different measurement scales; therefore we performed a sensitivity analysis in which all available studies were pooled using an SMD method. The four available studies (Jason 2007; Powell 2001; Wearden 2010; White 2011) yielded a pooled standardised estimate of SMD -0.35 (95% CI -0.93 to 0.23) in an analysis that was associated with considerable heterogeneity (I^2 = 91%, P value < 0.00001).

Subgroup analysis

To explore the possible impact of varying exercise strategies and control conditions, we performed post hoc subgroup analyses within Analysis 1.8 and Analysis 1.9.

Type of exercise

No statistical subgroup differences (I^2 = 0%, P value 0.75) were observed between the four studies offering graded exercise therapy (Fulcher 1997; Powell 2001; Wearden 1998; Wearden 2010) and Wallman 2004, which offered exercise with personal pacing.

At longer-term follow-up, four available studies (Jason 2007; Powell 2001; Wearden 2010; White 2011) provided a pooled standardised estimate of SMD -0.35 (95% CI -0.93 to 0.23) in an analysis that was associated with considerable heterogeneity (I^2 = 91%, P value < 0.00001). Post hoc subgroup analysis resulted in a statistically significant subgroup difference (I^2 = 71.2%, P value 0.06) between the three studies (Powell 2001; Wearden 2010; White 2011) comparing graded exercise therapy versus treatment as usual (SMD -0.53, 95% CI -1.20 to 0.13) and Jason 2007, which compared anaerobic activity versus relaxation (SMD 0.31, 95% CI -0.28 to 0.90).

Type of control

At end of treatment, the post hoc subgroup analysis did not establish a subgroup difference (I^2 = 0%, P value 0.61) between the three studies (Powell 2001; Wearden 1998; Wearden 2010) using treatment as usual as the control (MD -2.01, 95% CI -5.12 to 1.10; I^2 = 91%) and the two studies (Fulcher 1997; Wallman 2004) using relaxation or flexibility as the control (MD -1.05, 95% CI -2.95 to 0.84; I^2 = 59%).

1.6.2 Anxiety

Five trials (Fulcher 1997; Powell 2001; Wallman 2004; Wearden 1998; Wearden 2010) assessed anxiety at end of treatment using the anxiety subscale of the HADS (Zigmond 1983). Three studies (387 participants) reported data in a way that facilitated comparison in a meta-analysis (Powell 2001; Wallman 2004; Wearden 2010), resulting in a pooled MD of -1.48 points (95% CI -3.58 to 0.61; Analysis 1.10). The meta-analysis was associated with heterogeneity (I^2 = 79%, P value 0.008), but some of this heterogeneity can be explained by uncorrected baseline differences in HADS anxiety score in included trials. Wearden 1998 (68 participants) stated that no significant changes were observed on the HADS anxiety score at end of treatment. Fulcher 1997 (58 participants) did not observe changes in median HADS anxiety score in the exercise group, whereas an increase in median HADS anxiety score from 4 to 7 was observed in the control group. However, the difference between exercise and control groups did not reach statistical significance in non-parametric statistical analysis.

Four trials assessed anxiety at longer-term follow-up (52 to 70 weeks; Analysis 1.11). Jason 2007 (45 participants) reported a mean difference on the Beck Anxiety Inventory (BAI) (Beck 1996) of 0.70 points (95% CI -4.52 to 5.92), and the wide confidence interval implies inconclusive results. Three trials (607 participants) assessed follow-up changes in anxiety using the HADS anxiety subscale (Powell 2001; Wearden 2010; White 2011). The pooled MD suggests greater improvement in HADS anxiety score in the exercise group compared with the group given treatment as usual (MD 1.01, 95% CI -0.74 to 2.75), but heterogeneity was considerable (I^2 = 78%, P value 0.01), and little or no difference cannot be ruled out.

Sensitivity analysis

Investigating heterogeneity

At follow-up, Powell 2001 reported very positive results and contributed to increased heterogeneity. Exclusion of Powell 2001 reduced heterogeneity to 63% (P value 0.10), and the pooled MD for White 2011 and Wearden 2010 was reduced to 0.24 (95% CI -1.27 to 1.74).

Standardised mean difference (SMD)

At longer-term follow-up, anxiety was measured and reported on different measurement scales; therefore we performed a sensitivity analysis in which all available studies were pooled using an SMD method. Four available studies (Jason 2007; Powell 2001; Wearden 2010; White 2011) yielded a pooled standardised estimate of SMD -0.17 (95% CI -0.50 to 0.15), but the analysis was associated with heterogeneity (I^2 = 71%, P value 0.02).

Subgroup analysis

To explore the possible impact of varying exercise strategies and control conditions, we performed post hoc subgroup analyses within Analysis 1.10 and Analysis 1.11.

Type of exercise and control

At end of treatment, post hoc subgroup analysis did not establish a subgroup difference (I^2 = 0%, P value 0.64) between the two studies (Powell 2001; Wearden 2010) comparing graded exercise therapy versus treatment as usual (MD -1.22, 95% CI 0.-4.51 to 2.07; I^2 = 88%) and Wallman 2004, which compared exercise with personal pacing versus flexibility and relaxation (MD -2.10, 95% CI -3.86 to -0.34).

At follow-up, four available studies (Jason 2007; Powell 2001; Wearden 2010; White 2011) yielded a pooled standardised estimate of SMD -0.17 (95% CI -0.50 to 0.15), but the analysis was associated with heterogeneity (I^2 = 71%, P value 0.02). We could not establish a statistically significant subgroup difference (I^2 = 0%, P value 0.40) between the three studies (Powell 2001; Wearden 2010; White 2011) comparing graded exercise therapy versus treatment as usual (SMD -0.23, 95% CI -0.61 to 0.16) and Jason 2007, which compared anaerobic activity versus relaxation (SMD 0.08, 95% CI -0.51 to 0.66).

1.7 Sleep

Two trials (Powell 2001; Wearden 2010), with a total of 323 participants, suggested that sleep assessed by the Jenkins Sleep Scale (Jenkins 1988) had improved more among participants in the exercise group at end of treatment (MD -1.49 points, 95% CI -2.95 to -0.02; P value 0.05; Analysis 1.12). Fulcher 1997, with 59 participants at end of treatment, observed a reduction in median sleep score, as assessed by the Pittsburgh Sleep Quality Index, from 7 to 5 in the exercise group, whereas median sleep score remained 6 in the control group; this group difference did not reach statistical significance in non-parametric statistical analysis.

At follow-up, three included trials (Powell 2001; Wearden 2010; White 2011) (610 participants) showed effects in favour of exercise therapy when they were pooled (MD -2.04 points, 95% CI -3.48 to -0.23; P value 0.03; Analysis 1.13), but the three studies showed heterogeneous results: a large positive effect in Powell 2001 (MD -4.05, 95% CI -6.08 to -2.02) and a moderate effect in White 2011 (MD -2.00, 95% CI -3.84 to -0.23), with Wearden 2010 reporting no observed statistically significant differences between the two groups (MD -0.31, 95% CI -1.97 to 1.35).

Subgroup analysis

All available studies compared graded exercise therapy versus treatment as usual. All studies recruited participants according to the Oxford criteria, thus no subgroup analyses were performed within Analysis 1.12 and Analysis 1.13.

1.8 Self-perceived changes in overall health

Seven trials assessed changes in overall health at end of treatment or at follow-up by using a self-rated Global Impression Change Scale with scores ranging from 1 (very much better) to 7 (very much worse). We performed analysis of the numbers of participants reporting improvement. Four trials (523 participants) reported changes in overall health after end of treatment (Fulcher 1997; Moss-Morris 2005; Wallman 2004; Wearden 2010) and consistently showed a larger number of participants with some degree of improvement in the exercise group (RR 1.83, 95% CI 1.39 to 2.40; Analysis 1.14).

Three trials (518 participants) reporting self-perceived changes in overall health at follow-up were more inconsistent (Jason 2007; Powell 2001; White 2011). The point estimate for the risk ratio favoured exercise therapy (RR 1.88, 95% CI 0.76 to 4.64; Analysis 1.15), but the confidence interval implies inconclusive results, and heterogeneity was substantial (I^2 = 85%). Jason 2007 showed no significant differences between exercise and relaxation (RR 0.83, 95% CI 0.44 to 1.56) and White 2011 suggested a positive effect of exercise therapy compared with treatment as usual (RR 1.63, 95% CI 1.16 to 2.29), whereas Powell 2001 indicated a large positive effect for exercise (RR 5.96, 95% CI 2.36 to 15.09).

Subgroup analysis

To explore the potential impact of varying exercise strategies and control conditions, we performed a post hoc subgroup analysis within Analysis 1.14 and Analysis 1.15.

Type of control

At end of treatment, the pooled RR for all available studies was 1.83 (95% CI 1.39 to 2.40; I^2 = 0%) compared with 1.99 (95% CI 1.38 to 2.86; I^2 = 0%) in the treatment as usual subgroup (Moss-Morris 2005; White 2011) and 1.64 (95% CI 1.09 to 2.48; I^2 = 0%) in the relaxation/flexibility subgroup (Fulcher 1997; Wallman 2004). Tests for subgroup differences did not establish differences between the two groups (I^2 = 0%, P value 0.50).

Type of exercise

Three studies offering graded exercise therapy (Fulcher 1997; Moss-Morris 2005; White 2011) tended towards a greater chance of improvement (RR 2.01, 95% CI 1.46 to 2.77) than the study offering exercise with personal pacing (RR 1.43, 95% CI 0.85 to 2.41; Wallman 2004), but statistical tests did not establish a subgroup difference (I^2 = 13.6%, P value 0.28).

At follow-up, the pooled RR for the three available studies was 1.88 (95% CI 0.76 to 4.64) in an analysis associated with extensive heterogeneity (I^2 = 85%, P value 0.001). The post hoc subgroup analysis did not firmly establish a subgroup difference (I^2 = 63%, P value 0.10) between the two studies (Powell 2001; White 2011) comparing graded exercise therapy versus treatment as usual (RR 2.92, 95% CI 0.75 to 11.35; I^2 = 87%) and Jason 2007, which compared anaerobic activity versus relaxation (RR 0.83, 95% CI 0.44 to 1.56).

1.9 Health service resources

Data on health service resources are available for one of the included studies with a total of 320 participants (White 2011). During the 12-month post-randomisation period, participants in the treatment as usual group had a higher mean number of specialist medical care contacts than those allocated to exercise therapy (MD -1.40, 95% CI -1.87 to -0.93; Analysis 1.16). Use of primary care resources (i.e. general practitioner or practice nurse), other doctor contacts (i.e. neurologist, psychiatrist or other specialists), accident and emergency contacts, medication (i.e. hypnotics, anxiolytics, antidepressants or analgesics), contacts with other healthcare professionals (i.e. dentist, optician, pharmacist, psychologist, physiotherapist, community mental health nurse or occupational therapist), inpatient contacts and other contacts with healthcare/social services (e.g. social worker, support worker, nutritionist, magnetic resonance imaging (MRI), computed tomography (CT), electroencephalography (EEG)) did not differ significantly between the two groups (Analysis 1.16; Analysis 1.17)

1.10 Drop-out

Six studies (Fulcher 1997; Moss-Morris 2005; Powell 2001; Wearden 1998; Wearden 2010; White 2011), with a total of 843 participants, reported drop-out rates (Analysis 1.18). The pooled RR for drop-out was 1.63 (95% CI 0.77 to 3.43). The confidence interval implies that these results were inconclusive, and heterogeneity was moderate (I^2 = 50%).

Subgroup analysis

The main analysis pooled studies using treatment as usual (Moss-Morris 2005; Powell 2001; Wearden 1998; Wearden 2010) and studies using flexibility (Fulcher 1997) into the same comparison. The pooled RR for all available studies was 1.63 (95% CI 0.77 to 3.43; I^2 = 50%) compared with 1.77 (95% CI 0.71 to 4.38; I^2 = 61%) in the treatment as usual subgroup and 1.33 (95% CI 0.32 to 5.50) in the flexibility subgroup (Fulcher 1997). Tests for subgroup differences did not establish differences between the two groups (I^2 = 0%, P value 0.74).

Exercise therapy versus other treatments

Comparison 2. Exercise therapy versus psychological treatment

Three trials (Jason 2007; White 2011; Wearden 2010) contributed data to this comparison, which included cognitive-behavioural

therapy (CBT) (Jason 2007; White 2011), cognitive therapy treatment (COG) (Jason 2007) and supportive listening (Wearden 2010). We decided not to pool the results in meta-analyses because of clinical and contextual heterogeneity.

2.1 Fatigue

End of treatment

White 2011 (298 participants) showed little or no difference in fatigue between exercise therapy and CBT (MD 0.20, 95% CI -1.49 to 1.89; Analysis 2.1).

Compared with 97 participants randomly assigned to supportive listening (Wearden 2010), 85 participants in the graded exercise therapy group experienced greater improvement in fatigue (MD -4.03, 95% CI -6.24 to -1.82; P value < 0.001; Analysis 2.1).

Follow-up

Jason 2007 assessed fatigue using a 7-point Fatigue Severity Scale (Krupp 1989) and showed an MD of -0.10 (95% CI -0.79 to 0.59) for anaerobic exercise versus COG (49 participants; Analysis 2.2). The wide confidence interval implies imprecise and inconclusive results.

Wide confidence intervals and imprecise results also apply to the comparison of anaerobic exercise versus CBT as reported by Jason 2007 (49 participants) with an MD of 0.40 (95% CI -0.34 to 1.14; Analysis 2.2). White 2011 compared graded exercise therapy versus CBT (302 participants) by assessing fatigue on a 33-point Fatigue Scale (Chalder 1993) and observed little or no difference between the two groups (MD 0.30, 95% CI -1.45 to 2.05; Analysis 2.3).

Wearden 2010 (182 participants) assessed fatigue on a 33-point Fatigue Scale (Chalder 1993) and reported differences between rehabilitation and supportive listening that favoured graded exercise therapy (MD -2.72, 95% CI -5.14 to -0.30; P value 0.03; Analysis 2.3).

Sensitivity analysis

At follow-up, the available studies (Jason 2007; White 2011) measured and reported fatigue on different scales, and we performed a sensitivity analysis in which the two studies were pooled using an SMD method. The resulting pooled SMD estimate is 0.07 (95% CI -0.13 to 0.28) with no unexplained heterogeneity (I^2 = 0%, P value 0.40).

Subgroup analysis

Post hoc subgroup analysis did not establish a subgroup difference (I^2 = 0%, P value 0.40) between White 2011, which compared graded exercise therapy versus CBT (SMD 0.04, 95% CI -0.19 to 0.26), and Jason 2007, which compared anaerobic activity versus CBT (SMD 0.30, 95% CI -0.26 to 0.86).

2.2 Adverse effects

White 2011 reported the number of serious adverse reactions (SARs) (European Union Clinical Trials Directive 2001) observed in each treatment group (Analysis 2.4). Two adverse reactions possibly related to treatment were observed among the 160 participants in the exercise group (one participant with deterioration in mobility and self-care, and one with worse CFS symptoms and function), and three participants reporting a total of four SARs were described among 161 participants in the CBT group (one incident of self-harm, one incident of low mood with an episode of self-harm, one episode of worsened mood and CFS symptoms and one incident of threatened self-harm). Thus, the observed RR was 0.67 (95% CI 0.11 to 3.96), implying that these results were inconclusive.

Wearden 2010 stated that no participants in the rehabilitation or supportive listening group demonstrated SARs with a probable relation to therapy (Analysis 2.4).

2.3 Pain

Jason 2007 (43 participants) reported differences in pain at follow-up (52 weeks), as assessed by the Brief Pain Inventory (Cleeland 1994). When anaerobic exercise was compared with CBT, results were imprecise for pain severity (MD 0.07, 95% CI -1.52 to 1.66; Analysis 2.5) and for pain interference (MD -0.35, 95% CI -2.29 to 1.59; Analysis 2.6). As the result of baseline differences between groups, these estimates, to some extent, are biased in favour of exercise.

Jason 2007 also compared anaerobic exercise versus COG (44 participants). Here, inconclusive results were observed in pain severity (MD 0.51, 95% CI -0.92 to 1.94; Analysis 2.5) and pain interference (MD 0.39, 95% CI -1.37 to 2.15; Analysis 2.6).

2.4 Physical functioning

End of treatment

White 2011 (298 participants) reported changes in physical functioning between participants randomly assigned to exercise and CBT at end of treatment by using the SF-36 physical functioning subscale (Ware 1992). Scores on this scale range from 0 to 100, and study authors observed little or no difference in physical function between the two groups (MD -1.20, 95% CI -6.30 to 3.90; Analysis 2.7).

Wearden 2010 (181 participants) suggested greater improvement in physical function among participants in the graded exercise

therapy group than in the supportive listening group (MD -6.66 point, 95% CI -13.7 to 0.40; P value 0.06; Analysis 2.7), but little or no difference cannot be ruled out.

Follow-up

Both Jason 2007 and White 2011 reported physical function at 52-week follow-up. Whereas White 2011 (302 participants) observed little or no difference between graded exercise therapy and CBT (MD 0.50, 95% CI -4.89 to 5.89; Analysis 2.8), Jason 2007 (46 participants) reported a significant difference favouring CBT (MD 18.92, 95% CI 2.12 to 35.72; Analysis 2.8) when compared with anaerobic exercise. However, results of the latter study are skewed because of uncorrected baseline differences in physical function between the two groups (39 vs 46 points), and this explains some of the observed heterogeneity.

Jason 2007 (47 participants) also compared anaerobic exercise versus COG, suggesting a large difference in favour of COG (MD 21.37, 95% CI 6.61 to 36.13; Analysis 2.8). It should be noted, however, that the latter estimate is probably biased in favour of COG because of uncorrected baseline differences in physical function between the two groups (39 vs 46 points).

Wearden 2010 (171 participants) suggested greater improvement in physical function among participants in the graded exercise therapy than in the supportive listening group (MD -7.55 point, 95% CI -15.57 to 0.47; Analysis 2.8), but little or no difference cannot be ruled out.

2.5 Quality of life

Study authors provided no data.

2.6.1 Depression

End of treatment

In Wearden 2010 (182 participants), graded exercise therapy was associated with greater improvement on the HADS depression subscale (Zigmond 1983) than was seen with supportive listening (MD -1.57, 95% CI -2.74 to -0.40; P value 0.008; Analysis 2.9). We did not identify trials reporting depression for exercise versus CBT or for exercise versus COG at end of treatment.

Follow-up

Jason 2007 assessed depression using the Beck Depression Inventory (BDI-II) (Beck 1996). When comparing anaerobic exercise versus COG (45 participants), study authors saw a trend towards greater improvement among participants in the COG group (MD 5.08, 95% CI -0.77 to 10.93; Analysis 2.10), but little or no difference cannot be ruled out.

Two trials compared exercise therapy versus CBT (Jason 2007; White 2011), with neither showing statistically significant differences between the two groups. Jason 2007 (44 participants) assessed depression using the BDI-II (Beck 1996) and reported imprecise results (MD 2.99, 95% CI -4.37 to 10.35; Analysis 2.10); interpretation of these results is further complicated by baseline differences between groups. On the other hand, White 2011 (287 participants) assessed depression using the HADS depression subscale (Zigmond 1983) and found little or no difference between graded exercise therapy and CBT (MD -0.10, 95% CI -1.00 to 0.80; Analysis 2.11).

Wearden 2010 compared graded exercise therapy and supportive listening. At end of treatment, results favoured exercise, but this effect was not sustained at 70 weeks' follow-up (171 participants; MD -0.79, 95%CI -2.31 to 0.55; Analysis 2.11).

Sensitivity analysis

As depression was measured and reported on two different scales in Jason 2007 and White 2011, we performed a sensitivity analysis in which the two studies were pooled using an SMD method. The resulting pooled SMD estimate is 0.01 (95% CI -0.21 to 0.22) with no unexplained heterogeneity (I^2 = 0%, P value 0.42).

Subgroup analysis

Post hoc subgroup analysis did not establish a subgroup difference (I^2 = 0%, P value 0.42) between White 2011, which compared graded exercise therapy versus CBT (SMD -0.03, 95% CI -0.26 to 0.21) and Jason 2007, which compared anaerobic exercise versus CBT (SMD 0.23, 95% CI -0.36 to 0.83).

2.6.2 Anxiety

End of treatment

Wearden 2010 (182 participants) found little or no difference on the HADS anxiety subscale (Zigmond 1983) between graded exercise therapy and supportive listening (MD -0.48, 95% CI -1.85 to 0.89; Analysis 2.12). We did not identify trials reporting anxiety for exercise therapy versus CBT or for exercise therapy versus COG at end of treatment.

Follow-up

Jason 2007 (45 participants) assessed anxiety using the Beck Anxiety Inventory (BAI) (Beck 1996). When comparing anaerobic exercise versus COG, study authors did not observe statistically significant differences between groups, but results were imprecise (MD 3.15, 95% CI -1.17 to 7.47; Analysis 2.13).

Two trials compared exercise therapy versus CBT (Jason 2007; White 2011), with neither showing statistically significant differences between the two groups. Jason 2007 (44 participants) assessed anxiety using the BAI (Beck 1996), with imprecise and statistically insignificant results (MD 0.66, 95% CI -4.68 to 6.00;

Analysis 2.13). White 2011 (287 participants) found little or no difference between graded exercise therapy and CBT using the HADS anxiety subscale (MD 0.30, 95% CI -0.71 to 1.31; Analysis 2.14).

Wearden 2010 (171 participants) did not observe statistically significant differences on the HADS anxiety subscale between graded exercise therapy and supportive listening at 70 weeks (MD -0.08, 95%CI -1.52 to 1.36; Analysis 2.14).

Sensitivity analysis

As depression was measured and reported on two different scales in Jason 2007 and White 2011, we performed a sensitivity analysis in which the two studies were pooled using an SMD method. The resulting pooled SMD estimate is 0.07 (95% CI -0.15 to 0.28) with no unexplained heterogeneity (I^2 = 0%, P value 0.99).

Subgroup analysis

Post hoc subgroup analysis did not establish a subgroup difference (I^2 = 0%, P value 0.99) between White 2011, which compared graded exercise therapy versus CBT (SMD 0.07, 95% CI -0.16 to 0.30) and Jason 2007, which compared anaerobic activity versus CBT (SMD 0.07, 95% CI -0.52 to 0.66).

2.7 Sleep

End of treatment

Wearden 2010 observed that the 83 participants in the graded exercise therapy group experienced greater improvement on the 20-point Jenkins Sleep Scale (Jenkins 1988) as compared with the 97 participants in the supportive listening group (MD -2.46 points, 95% CI -4.01 to -0.91; P value 0.002; Analysis 2.15). We did not identify trials reporting sleep for exercise therapy versus CBT or for exercise therapy versus COG at end of treatment.

Follow-up

White 2011 (287 participants) assessed sleep using the Jenkins Sleep Scale (Jenkins 1988) and found little or no difference between graded exercise therapy and CBT (MD -0.90, 95%CI -2.07 to 0.27; Analysis 2.16). Wearden 2010 (171 participant) also used the Jenkins Sleep Scale and found little or no difference between graded exercise therapy and supportive listening (MD -0.86, 95% CI -2.56 to 0.84; Analysis 2.16).

2.8 Self-perceived changes in overall health

Two trials (Jason 2007; White 2011) assessed changes in overall health by using a self-rated Global Impression Change Scale with scores ranging from 1 (very much better) to 7 (very much worse) (Guy 1976). We performed analysis of the numbers of participants reporting improvement.

End of treatment

White 2011 (320 participants) reported changes in overall health following graded exercise therapy versus CBT, but results were inconclusive (RR 0.96, 95% CI 0.71 to 1.31; Analysis 2.17).

Follow-up

At follow-up, self-perceived changes in overall health were reported by Jason 2007 and White 2011.

For the comparison of COG versus anaerobic exercise, Jason 2007 (50 participants) showed that more participants in the CBT group than in the exercise group tended to report improvement, but little or no difference between CBT and exercise therapy cannot be ruled out (RR 0.63, 95% CI 0.36 to 1.10; Analysis 2.18).

Both Jason 2007 (47 participants) and White 2011 (321 participants) compared exercise therapy versus CBT. Pooling resulted in an RR of 0.71 (95% CI 0.33 to 1.54; Analysis 2.18), implying imprecise and inconclusive results. The meta-analysis was associated with considerable heterogeneity (I^2 = 86%) as the result of inconsistency between effect estimates reported by Jason 2007, which compared anaerobic exercise versus CBT (RR 0.46, 95% CI 0.28 to 0.77), and White 2011, which compared graded exercise therapy versus CBT (RR 1.02, 95% CI 0.77 to 1.35).

2.9 Health service resources

Data on health service resources were provided by one of the included studies with a total of 321 participants (White 2011). During the 12-month post-randomisation period, participants in the CBT group showed lower mean numbers of contacts with neurologist, psychiatrist or other specialists (MD 0.60, 95% CI 0.05 to 1.15; Analysis 2.19) and lower mean numbers of inpatient days (MD 0.80, 95% CI 0.41 to 1.19; Analysis 2.19) when compared with participants in the exercise group. However, these group differences were not seen when data were analysed at a dichotomous level (Analysis 2.20).

2.10 Drop-out

White 2011 (321 participant) reported drop-out from treatment. Drop-out rates were not significantly different between graded exercise therapy and CBT (RR 0.59, 95% CI 0.28 to 1.25; Analysis 2.21), but these results were imprecise and inconclusive because few events were reported.

Wearden 2010 reported that more participants discontinued graded exercise therapy (12 of 92 participants) than supportive listening (7 of 91 participants) (RR 1.70, 95% CI 0.70 to 4.11; Analysis 2.21), but the confidence interval implies that these results were imprecise and inconclusive.

Comparison 3. Exercise therapy versus adaptive pacing therapy

One trial contributed data on 319 participants for this comparison (White 2011).

3.1 Fatigue

Fatigue assessed by a 33-point Fatigue Scale (Chalder 1993) improved more among participants allocated to graded exercise therapy than adaptive pacing (MD -2.00, 95% CI -3.57 to -0.43; P value 0.01) when measured at end of treatment (24 weeks; 305 participants). This positive effect was sustained at 52 weeks' follow-up (307 participants; MD -2.50, 95% CI -4.16 to -0.84; P value 0.003; Analysis 3.1).

3.2 Adverse effects

White 2011 reported the number of SARs (European Union Clinical Trials Directive 2001) observed in each treatment group (Analysis 3.2). Two SARs possibly related to treatment were observed among the 160 participants in the graded exercise therapy group (one incident of deterioration in mobility and self-care, and one episode of worse CFS symptoms and function) compared with two in the adaptive pacing group (159 participants) (one incident of suicidal thoughts, and one episode of worsened depression). Thus, results were inconclusive, with an RR of 0.99 (95% CI 0.14 to 6.97).

3.3 Pain

No data were provided.

3.4 Physical functioning

The graded exercise therapy group (150 participants) experienced significant improvement in physical functioning compared with the adaptive pacing group (155 participants) (Analysis 3.3). At end of treatment, participants in the graded exercise therapy group scored a mean of 12.2 points better (95% CI -17.23 to -7.17) on the SF-36 physical functioning subscale (Ware 1992) than those in the adaptive pacing group-a difference that was sustained at 52 weeks' follow-up (307 participants; MD -11.8, 95% CI -17.5 to -6.05).

3.5 Quality of life

No data were provided.

3.6.1 Depression

The change on the HADS depression subscale (Zigmond 1983) at end of treatment was not reported (White 2011). At follow-up, participants in the graded exercise therapy group (144 participants) had improved by a mean of 1.10 points (95% CI -2.09 to -0.11) on the HADS depression subscale when compared with the 149 participants in the pacing group (Analysis 3.4).

3.6.2 Anxiety

White 2011 did not report the change on the HADS anxiety subscale (Zigmond 1983) at end of treatment, and they observed little or no difference between the two groups (293 participants) at 52 weeks (MD -0.40, 95% CI -1.40 to 0.60; Analysis 3.5).

3.7 Sleep

White 2011 did not report change in sleep at end of treatment as assessed by the 20-point Jenkins Sleep Scale (Jenkins 1988). At follow-up, participants in the graded exercise therapy group (144 participants) had improved by a mean of 1.60 points (95% CI -2.70 to -0.50) when compared with the 150 participants in the adaptive pacing group (Analysis 3.6).

3.8 Self-perceived changes in overall health

White 2011 assessed changes in overall health by using a self-rated Global Impression Change Scale with scores ranging from 1 (very much better) to 7 (very much worse) (Guy 1976). Comparisons of the numbers of participants reporting improvement showed that a larger fraction of participants in the graded exercise therapy group experienced improvement at end of treatment (319 participants; RR 1.45, 95% CI 1.02 to 2.07; Analysis 3.7). At follow-up, an estimate of effect that suggested improvement favouring graded exercise therapy was still observed, but little or no effect cannot be ruled out (319 participants; RR 1.31, 95% CI 0.96 to 1.79).

3.9 Health service resources

One of the included studies with a total of 319 participants provided data on health service resources (White 2011). During the 12-month post-randomisation period, participants in the pacing group showed lower mean numbers of contacts with complementary healthcare resources (MD 3.80, 95% CI 1.42 to 6.18; Analysis 3.8), lower mean numbers of contacts with other doctors (neurologist, psychiatrist and other specialists) (MD 0.70, 95% CI 0.14 to 1.26; Analysis 3.8), lower mean numbers of accidents and emergencies (MD 0.50, 95% CI 0.31 to 0.69; Analysis 3.8) and higher mean numbers of inpatient days (MD 1.00, 95% CI 0.46 to 1.54; Analysis 3.8) than were seen among participants in the exercise group. However, these group differences were not seen when data were analysed at a dichotomous level (Analysis 3.9).

3.10 Drop-out

In the PACE trial (White 2011), 10 of the 160 participants in the graded exercise therapy group and 11 of the 160 participants in the adaptive pacing group withdrew, thus the results were inconclusive (RR 0.91, 95% CI 0.40 to 2.08; Analysis 3.10).

Comparison 4. Exercise therapy versus antidepressants

One trial contributed data on a total of 69 participants to this comparison (Wearden 1998). In this trial, investigators combined graded exercise therapy with antidepressant placebo, and the antidepressant used was fluoxetine.

4.1 Fatigue

Investigators assessed fatigue on a 42-point Fatigue Scale (Chalder 1993; 48 participants) at end of treatment, but the results were inconclusive (MD -1.99, 95% CI -8.28 to 4.30; Analysis 4.1).

4.2 Adverse effects

Study authors provided no data.

4.3 Pain

Study authors provided no data.

4.4 Physical functioning

Study authors provided no data.

4.5 Quality of life

Study authors provided no data.

4.6.1 Depression

Researchers assessed depression among 48 participants at end of treatment using the HADS depression subscale (Zigmond 1983), but they found little or no difference between the exercise and fluoxetine groups (MD 0.15, 95% CI -2.11 to 2.41; Analysis 4.2).

4.6.2 Anxiety

Study authors provided no data.

4.7 Sleep

Study authors provided no data.

4.8 Self-perceived changes in overall health

Study authors provided no data.

4.9 Health service resources

Study authors provided no data.

4.10 Drop-out

Wearden 1998 observed similar drop-out rates in both groups, with 11 drop-outs reported among the 34 participants in the exercise group and 10 drop-outs among the 35 participants in the antidepressant group (RR 1.13, 95% CI 0.55 to 2.31; Analysis 4.3), implying that the results were inconclusive.

Exercise therapy adjunctive to other treatment versus the other treatment alone

Comparison 5. Exercise therapy versus antidepressants plus exercise therapy

One trial contributed data for a total of 68 participants to this comparison (Wearden 1998). In this trial, investigators combined graded exercise therapy with use of the antidepressant fluoxetine.

5.1 Fatigue

Researchers assessed fatigue on a 42-point Fatigue Scale (Chalder 1993; 43 participants) at end of treatment, but the results were inconclusive (MD -3.66, 95% CI -10.41 to 3.09; Analysis 5.1).

5.2 Adverse effects

Study authors provided no data.

5.3 Pain

Study authors provided no data.

5.4 Physical functioning

Study authors provided no data.

5.5 Quality of life

Study authors provided no data.

5.6.1 Depression

Researchers assessed depression at end of treatment among 43 participants using the HADS depression subscale (Zigmond 1983), but the results were inconclusive (MD -0.52, 95% CI -2.68 to 2.14; Analysis 5.2).

5.6.2 Anxiety

Study authors provided no data.

5.7 Sleep

Study authors provided no data.

5.8 Self-perceived changes in overall health

Study authors provided no data.

5.9 Health service resources

Study authors provided no data.

5.10 Drop-out

Wearden 1998 observed similar drop-out rates in both groups, with 14 drop-outs reported among the 33 participants in the exercise plus antidepressant group, and 10 drop-outs among the 35 participants in the antidepressant group (RR 1.48, 95% CI 0.77 to 2.87; Analysis 5.3). The confidence interval implies that the results were inconclusive.

DISCUSSION

Summary of main results

We have included eight studies including 1518 participants in this review.

When exercise therapy was compared with 'passive control,' fatigue was significantly reduced at end of treatment (Analysis 1.1). Data on serious adverse reactions (SARs) were available from only one trial, and SARs were rare, but too few events were reported to allow any conclusions to be drawn (Analysis 1.3). A positive effect of exercise therapy was observed both at end of treatment and at follow-up with respect to sleep (Analysis 1.12; Analysis 1.13), physical functioning (Analysis 1.5; Analysis 1.6) and self-perceived changes in overall health (Analysis 1.14; Analysis 1.15). For the remaining outcomes, we were not able to draw any conclusions.

When exercise therapy was compared with cognitive-behavioural therapy (CBT), little or no difference in fatigue was noted between the two groups (Analysis 2.1; Analysis 2.2). Serious adverse reactions were rare and were reported at similar rates in the two groups. Events were few; therefore results were too imprecise to allow any conclusions to be drawn (Analysis 2.4). Little or no difference was observed between exercise therapy and CBT for physical functioning (Analysis 2.7; Analysis 2.8), depression (Analysis 2.10; Analysis 2.11), anxiety (Analysis 2.13; Analysis 2.14) and sleep (Analysis 2.16). It was not possible to draw any conclusions regarding pain (Analysis 2.5; Analysis 2.6), self-perceived changes in overall health (Analysis 2.17; Analysis 2.18) or drop-out (Analysis 2.21).

When exercise therapy was compared with pacing, fatigue (Analysis 3.1), physical functioning (Analysis 3.3), depression (Analysis 3.4), sleep (Analysis 3.6) and self-perceived changes in overall health at end of treatment (Analysis 3.7) were significantly better. Data on SARs were available from only one trial, and SARs were rare, but events were too few to allow any conclusions to be drawn (Analysis 3.2). For anxiety, little or no difference between groups was reported (Analysis 3.5).

Overall completeness and applicability of evidence

The evidence base was limited to patients able to participate in exercise therapy, and all studies were conducted in developed countries (Australia, New Zealand, North America and the United Kingdom). Settings varied from primary to tertiary care, which suggests easy generalisation. Most of the outcomes investigated were reported in the included studies, apart from health service resources. Most studies used aerobic exercise, but it would be preferable if we had found studies that used different types of exercise therapy, as this would reflect clinical practice.

Quality of the evidence

Risk of bias across studies was relatively low. We were able to identify pre-published protocols for only two studies (Wearden 2010; White 2011) and have identified a risk of unpublished outcomes. One limitation is that formal blinding of participants and clinicians to treatment arm is not inherently possible in trials of exercise therapy. This increases risk of bias, as instructors' and participants' knowledge of group assignation might have influenced the true effect. In addition, outcomes were measured subjectively (e.g. questionnaires, visual analogue scales), leading to risk that this might increase the outcome estimate. Against this, many patient charities are opposed to exercise therapy for chronic fatigue syndrome (CFS), and this may in contrast reduce the effect. Six of the seven studies reported that investigators used intention-to-treat analysis, but this was done in different ways, which might

have influenced the effect estimate. One study (Jason 2007) reported baseline differences, used a best linear unbiased predictor to avoid taking missing data into account and described 25 outcomes, with none stated as primary.

Several methodological challenges have become evident during the review process. An obvious topic of discussion is the between-study variation observed with regard to type of exercise, intensity of exercise and incremental procedures used (Table 2). We acknowledge that an effect of exercise therapy is likely to depend on how training is conducted, thus inclusion of trials using different exercise regimens is likely to introduce some heterogeneity into the analysis. Possibly equally important, the treatment provided to participants in the control group was not uniform across included trials. Whereas the difference between waiting list, relaxation and treatment as usual is rather obvious, it is important to recognise that the actual ingredients of 'treatment as usual' differ widely among the included trials, and this may contribute to variation in observed effect estimates. With regard to participants and their health status, it is important to realise that substantial differences in baseline illness severity were noted, as illustrated by the wide range in baseline physical functioning, depression co-morbidity and illness duration shown in Table 1. Some trials applied narrow selection criteria, whereas others seem to have included more heterogeneous sample populations; these differences might cause variation in the observed effect estimate. Our finding of similar outcomes with different definitions of CFS mitigates this risk.

All potential sources of heterogeneity mentioned above could have contributed to variation in results derived from the aggregate analysis presented in the present review and might have reduced our ability to draw firm conclusions. It is easy to imagine a potential correlation between observed treatment effect and factors such as exercise characteristics, control conditions, participant recruitment strategies, participant characteristics and baseline differences. We aimed to explore these associations in subgroup analyses. However, the number of potential heterogeneity factors is high and the number of available trials is low; therefore we were limited in our ability to explore heterogeneity in a sensible way at the aggregate level.

Potential biases in the review process

The strength of this review lies in its rigorous methods, which include thorough searching for evidence, systematic appraisal of study quality and systematic and well-defined data synthesis. Even though we tried to search as extensively as possible, we may have missed out on eligible trials, such as trials reported only in dissertations or in non-indexed journals.

The table of interventions (Table 2) includes published and unpublished information regarding types of interventions, but not effect estimates. For this updated review, we have not collected unpublished data for our outcomes but have used data from the 2004 review (Edmonds 2004) and from published versions of included articles.

The authors of this review had to make a cutoff regarding what kind of exercise should be included. We decided to exclude traditional Chinese exercise such as Tai Chi and Qigong, but to include pragmatic rehabilitation for which the type of exercise is described as walking, walking stairs, bicycling, dancing or jogging. The cut-off might be contentious, and discussion regarding what type of exercise should be included should be ongoing.

One of the included studies (Powell 2001) is an outlier, reporting very positive results in favour of exercise therapy; we decided post hoc to perform a sensitivity analysis from which Powell 2001 was excluded to learn what the results would be if this study was not included.

Review authors noted potential bias regarding how the comparators in this review were categorised and pooled. We decided to report diverse comparators such as cognitive-behavioural therapy (CBT), cognitive therapy treatment (COG) and supportive therapy together as a single comparator called 'psychological treatments' (however, because of clinical and contextual heterogeneity, we decided not to pool the results in meta-analyses). These different psychological treatments do have similar elements, for example, both CBT and COG use cognitive approaches and goal setting; however they differ in certain respects (e.g. CBT tries to change unhelpful thoughts, while COG aims to accept them (Jason 2007)). Our approach of combining these comparators might be considered contentious, and discussion about what should be lumped together and what should be split into different comparators should be ongoing.

Meta-analysis of individual patient data (IPD) constitutes an alternative approach to meta-analysis of aggregate data. Analysis based on individual patient data in general will enable us to use a wider range of statistical and analytical approaches (Higgins 2011). In particular, by utilising IPD, it is possible to explore the relative importance of the various heterogeneity factors mentioned above more thoroughly, and to ensure that missing data and baseline differences are dealt with in standardised ways. With access to IPD, it is also possible to perform subgroup analyses that have not been previously reported. A project aimed at undertaking IPD analyses of the trials included in the present review has been initiated, and when the IPD analyses are presented, they are likely to shed some new light on the aggregate level analyses presented in the current systematic review.

Agreements and disagreements with other studies or reviews

This review is an updated version of a review that was originally published in 2004 (Edmonds 2004); the revised version offers major additions and changes. According to recent updates provided in the *Cochrane Handbook for Systematic Reviews of Interventions*, we have implemented several methodological improvements, in-

cluding a thorough risk of bias assessment for all included studies (Higgins 2011). Also, the updated search for literature led to the inclusion of three new trials with a total of 1051 participants (Jason 2007; Wearden 2010; White 2011), thus the number of included participants has more than tripled since the 2004 version. The inclusion of new trials has important implications. First, statistical power has been increased by the addition of new data. Second, the most recent trials offered longer follow-up times; therefore we can provide more clear conclusions about follow-up treatment effects in this update than were provided in the original review. Third, the most recent trials involve comparisons beyond exercise therapy versus treatment as usual, for example, comparisons of exercise therapy versus other active treatment strategies such as CBT and adaptive pacing therapy.

This update provides valuable additional information when compared with the original review, and results reported in the original review are largely confirmed in this update. Moreover, the results reported here correspond well with those of other systematic reviews (Bagnall 2002; Larun 2011; Prins 2006) and with existing guidelines (NICE 2007). One meta-analysis of CBT and GET suggests that the two treatments are equally efficacious, especially for patients with co-morbid anxiety or depressive symptoms (Castell 2011).

A recent randomised trial comparing quality of life among participants randomly assigned to group CBT plus graded exercise therapy plus conventional pharmacological treatment or exercise counselling plus conventional pharmacological treatment found no differences between the two groups at 12 months' follow-up (Nunez 2011). This trial did not meet our a priori inclusion criteria and was excluded from our review. As the comparison used in Nunez 2011 differs from the comparisons reported in our review, it is difficult to compare the results directly; this comparison was complicated further by the fact that Nunez 2011 did not measure outcomes viewed as primary outcomes in our review. Consequently, our view is that the conclusions presented in our review correspond well with those of other relevant studies and reviews, but further research is needed to explore the considerable heterogeneity observed across available trials.

AUTHORS' CONCLUSIONS

Implications for practice

Encouraging evidence suggests that exercise therapy can contribute to alleviation of some symptoms of CFS, especially fatigue. Exercise therapy seems to perform better than no intervention or pacing and seems to lead to results similar to those seen with cognitive behavioural therapy. Reported results were obtained from patients who were able to participate (not from those too disabled to attend clinics); these results were inconclusive as to type of exercise therapy and showed heterogeneity. Few serious adverse reactions were reported. We think the evidence suggests that exercise therapy might be an effective and safe intervention for patients able to attend clinics as outpatients.

Implications for research

Further randomised controlled studies are needed to clarify the most effective type, intensity and duration of exercise therapy. These studies should report contextual characteristics of the exercise therapy provided, such as deliverer of the intervention, schedule, explanation and materials, supervision and monitoring. It is important that these trials measure health service use alongside the primary outcomes of fatigue and adverse effects, as well as alongside relevant secondary outcomes. Researchers should take care to describe which set of diagnostic criteria they have used and how they operationalised the diagnostic process.

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* *Indicates the major publication for the study*

CHARACTERISTICS OF STUDIES

Characteristics of included studies *[ordered by study ID]*

Fulcher 1997

Methods	RCT, 2 parallel arms
Participants	Diagnostic criteria: Oxford Number of participants: N = 66 Gender: 49 (65%) female Age, mean (SD): 37.2 (10.7) years Earlier treatment: NS Co-morbidity: 20 (30%) possible cases of depression (HADS): 30 (45%) on full-dose antidepressant (n = 20) or low-dose tricyclic antidepressants as hypnotics (n = 10) Average illness duration: 2.7 (0.6 to 19) years Work and employment status: 26 (395) working or studying at least part time Setting: secondary care (chronic fatigue clinic in a general hospital of psychiatry) Country: UK
Interventions	Group 1: exercise therapy (12 sessions) with 1 weekly supervised session and 5 home sessions a week, initially lasting between 5 and 15 minutes (n = 33) Group 2: flexibility and relaxation (12 sessions) with 5 home sessions prescribed per week (n = 33)
Outcomes	• Changes in overall health (Global Impression Scale, score between 1 and 7, where 1 = very much better, 4 = no change) • Anxiety and depression (Hospital Anxiety and Depression Scale, HADS) • Fatigue (Fatigue Scale, FS; 14-item questionnaire) • Sleep (Pittsburgh Sleep Quality Index, PSQI) • Physical functioning (Short Form (SF)-36) • Physiological assessments (maximal voluntary contraction of quadriceps, peak oxygen consumption, lactate, heart rate) • Perceived exertion (Borg Scale) Outcomes were assessed at end of treatment (12 weeks)
Notes	No long-term follow-up, as participants who completed the flexibility programme were invited to cross over to the exercise programme afterwards

Risk of bias

Bias	Authors' judgement	Support for judgement
Random sequence generation (selection bias)	Low risk	Quote: "determined by random number tables"
Allocation concealment (selection bias)	Low risk	Quote: "Randomisation was achieved blindly to the psychiatrist and independently of the exercise physiologist by placing the letter E or F in 66 separate blank envelopes. These were then arranged in random order determined by random number tables

Fulcher 1997 (*Continued*)

		and opened by an independent administrator after baseline tests as each new patient entered the study"
Blinding (performance bias and detection bias) of participants and personnel?	High risk	Not possible to blind participants or personnel (supervisors) to treatment allocation
Blinding (performance bias and detection bias) of outcome assessors?	High risk	Blinding not possible for self-reported measurements (e.g. FS, SF-36)
Incomplete outcome data (attrition bias) All outcomes	Low risk	Quote: "We completed follow up assessments on four of the seven patients who dropped out of treatment and included these data in the intention to treat analysis. Patients with missing data were counted as nonimprovers"
Selective reporting (reporting bias)	Unclear risk	All primary outcomes stated under Methods were reported; however, as the trial protocol is not available, we cannot categorically state that the review is free of selective outcome reporting
Other bias	Low risk	We do not suspect other bias

Jason 2007

Methods	RCT, 4 parallel arms
Participants	Diagnostic criteria: CDC 1994 Number of participants: N = 114 Gender: 95 (83.3%) female Age: 43.8 years Earlier treatment: NS Co-morbidity: 44 (39%) with a current Axis I disorder (depression and anxiety most common). Use of antidepressant not stated Illness duration: > 5 years Work and employment status: 52 (46%) working or studying at least part time, 24% unemployed, 6% retired, 25% on disability Setting: secondary care, but recruitment from different sources Country: USA
Interventions	13 sessions every 2 weeks lasting 45 minutes Group 1: cognitive-behavioural therapy (CBT) aimed at showing participants that activity could be done without exacerbating symptoms (n = 29) Group 2: anaerobic activity therapy (ACT) focused on developing individualised and pleasurable activities accompanied by reinforcement of progress (n = 29) Group 3: cognitive therapy treatment(COG) focused on developing strategies to better tolerance, reduce stress and symptoms and lessen self-criticism (n = 28) Group 4: relaxation treatment (RELAX) introducing several types of relaxation techniques along with expectations of skill practice (n = 28)

Jason 2007 (*Continued*)

Outcomes	Several outcomes are reported (~25), among others. • Physical functioning (SF-36) • Fatigue (Fatigue Severity Scale, FSS) • Depression (Back Depression Inventory, BDI-II) • Anxiety (Beck Anxiety Inventory, BAI) • Self-efficacy (self-efficacy questionnaire) • Stress (Perceived Stress Scale, PSS) • Pain (Brief Pain Inventory) • Quality of life (Quality of Life Scale) • 6-Minute walking test Outcomes assessed at 12 months' follow-up
Notes	Fidelity ratings and drop-out reported across study arms

Risk of bias

Bias	**Authors' judgement**	**Support for judgement**
Random sequence generation (selection bias)	Low risk	Quote: "Random assignment was done using a random number generator in statistical software (SPSS version 12)"
Allocation concealment (selection bias)	Unclear risk	Not stated
Blinding (performance bias and detection bias) of participants and personnel?	High risk	Not possible to blind participants or personnel (supervisors) to treatment allocation
Blinding (performance bias and detection bias) of outcome assessors?	High risk	Blinding not possible for self-reported measurements (e.g. FSS, BPI)
Incomplete outcome data (attrition bias) All outcomes	High risk	Quote: "The average dropout rate was 25%, but it was not significantly different per condition." The statistical analysis used, the best linear unbiased predictor, is a way to avoid taking missing data into account
Selective reporting (reporting bias)	Unclear risk	All primary outcomes stated under Methods were reported; however, as the trial protocol is not available, we cannot categorically state that the review is free of selective outcome reporting
Other bias	High risk	Baseline data differences across groups for several important parameters (e.g. physical functioning: ACT group 39.17 (15.65) and RELAX group 53.77 (26.66))

Moss-Morris 2005

Methods	RCT, 2 parallel arms
Participants	Diagnostic criteria: CDC 1994 Number of participants: N = 49 Gender: 34 (69%) female Age, mean (SD): 40.9 years: 36.7 (11.8) in treatment group and 45.5 (10.5) in control group Earlier treatment: NS Co-morbidity, mean (SD): 14 (29%) possible or probable cases of depression (HADS) . $HADS_{Anxiety}$ 6.72(3.44) in treatment group and 7.17 (3.43) in control group. $HADS_{Depression}$ 5.70 (2.69) in treatment group and 6.70 (0.67) in control group. Use of antidepressant not stated Illness duration, median (range): 3.1 years, 2.67 (0.6 to 20) in treatment group and 5 (0.5 to 45) in control group Work and employment status: 11 (22%) unemployed and unable to work because of disability Setting: specialist CFS general practice Country: New Zealand
Interventions	Group 1: graded exercise therapy (12 weeks), met weekly, final goal 30 minutes for 5 days a week, 70% of VO_2max (n = 25) Group 2: standard medical care provided by a CFS specialist physician (n = 24)
Outcomes	• Changes in overall health (Global Impression Scale, score between 1 and 7, where 1 = very much better, 4 = no change) • Physical function (SF-36 physical function subscale score) • Fatigue (Fatigue Scale, FS) • Activity levels • Cognitive function • Physiological assessments (e.g. maximum aerobic capacity, HR) • Acceptability Outcomes assessed at end of treatment (12 weeks). A self-report questionnaire was distributed at 6 months' follow-up and was returned by 16 exercise participants and 17 control participants
Notes	The exact components involved in 'treatment as usual' are not explained

Risk of bias

Bias	Authors' judgement	Support for judgement
Random sequence generation (selection bias)	Low risk	Quote: "...randomised into either treatment or control conditions by means of a sequence of computer generated numbers placed in sealed opaque envelopes by an independent administrator"
Allocation concealment (selection bias)	Low risk	Quote: "placed in sealed opaque envelopes by an independent administrator"

Moss-Morris 2005 (*Continued*)

Blinding (performance bias and detection bias) of participants and personnel?	High risk	Not possible to blind participants or personnel (supervisors) to treatment allocation
Blinding (performance bias and detection bias) of outcome assessors?	High risk	Blinding not possible for self-reported measurements (e.g. FS, SF-36)
Incomplete outcome data (attrition bias) All outcomes	Low risk	3 of 25 participants (12%) dropped out from exercise treatment. Reasons for drop-out: 1 had to return to the USA, 1 had an injured calf and 1 was not reached at follow-up. 3 of 24 patients (12.5%) in control group did not return follow-up questionnaire at 12 weeks. To determine whether drop-out affected the calculated treatment effect, study authors completed intention-to-treat analysis
Selective reporting (reporting bias)	Unclear risk	All primary outcomes stated under Methods were reported; however, as the trial protocol is not available, we cannot categorically state that the review is free of selective outcome reporting
Other bias	Low risk	We do not suspect other bias

Powell 2001

Methods	RCT, 4 parallel arms
Participants	Diagnostic criteria: Oxford Number of participants: N = 148 Gender: 116 (78%) female Age, mean: 33 years Earlier treatment: NS Co-morbidity: 58 (39%) possible cases of depression (HADS), 27 (18%) used antidepressants Illness duration: 4.3 years Work and employment status: 50 (34%) working, 64 (43%) on disability Setting: secondary/tertiary care Country: UK
Interventions	Group 1: treatment as usual (n = 34) Group 2: exercise therapy + 2 sessions (total 3 hours, n = 37) Group 3: exercise therapy + 7 telephone sessions (total 3.5 hours, n = 39) Group 4: exercise therapy + 7 sessions (total 7 hours, n = 38) Sessions, whether telephone or face-to-face, were used to reiterate the treatment rationale and to discuss problems associated with graded exercise
Outcomes	• Physical functioning (SF-36, subscale physical functioning). Clinical improvement at 1 year predetermined as a score $\geq$ 25 or an increase from baseline of $\geq$ 10 on the physical functioning scale (score range, 10 to 30)

	• Fatigue (Fatigue Scale, FS; 11 items; scores > 3 indicate excessive fatigue) • Anxiety and depression (Hospital Anxiety and Depression Scale, HADS; score range from 0 to 21 worst) • Sleep (Jenkins Sleep Scale, 4 items; lower scores indicate better outcomes; score range 0 to 20 worst) • Changes in overall health (Global Impression Scale; score between 1 and 7, where 1 = very much better, 4 = no change) • Illness beliefs and experience of treatment (simple questionnaire) Outcomes assessed at 3 (end treatment), 6 and 12 months
Notes	Treatment as usual comprised a medical assessment, advice and an information booklet that encouraged graded activity and positive thinking but gave no explanations for symptoms SF-36 physical functioning subscale is reported on a 10 to 30 scale. We transformed scores from the 10 to 30 scale to the more common 0 to 100 scale by using the following formula: $mean_{new}$ = ($mean_{old}$ - 10) * 5 and SD_{new} = 5 * SD_{old}

Risk of bias

Bias	**Authors' judgement**	**Support for judgement**
Random sequence generation (selection bias)	Low risk	Quote: "Randomised into four groups by means of a sequence of computer generated random numbers...simple randomisation with stratification for scores on the hospital anxiety and depression scale, 15, using a cut off of 11 to indicate clinical depression"
Allocation concealment (selection bias)	Unclear risk	Quote: "...in sealed numbered envelopes"
Blinding (performance bias and detection bias) of participants and personnel?	High risk	Not possible for this intervention
Blinding (performance bias and detection bias) of outcome assessors?	High risk	Blinding not possible for self-reported measurements (e.g. FS, SF-36)
Incomplete outcome data (attrition bias) All outcomes	Low risk	Quote: "We used an intention to treat analysis. For patients who dropped out of treatment, the last values obtained were carried forward. Complete data were obtained for all patients who completed treatment except for three: two did not complete the questionnaire at three months and one did not complete the questionnaire at one year"
Selective reporting (reporting bias)	Unclear risk	All primary outcomes stated under Methods were reported; however, as the trial protocol is not available, we cannot categorically state that the review is free of selective outcome reporting

Powell 2001 (*Continued*)

Other bias	Low risk	We do not suspect other bias

Wallman 2004

Methods	RCT, 2 parallel arms
Participants	Diagnostic criteria: CDC 1994 Number of participants: N = 68 Gender: 47 (77%) female Age: 16 to 74 years (average 43.3 (12.7) in the exercise group and 45.7 (12.5) in the control group) Earlier treatment: NS Co-morbidity: possible depression not stated, 16 (26%) used antidepressants Illness duration: no initial difference between groups Work and employment status: not stated Setting: primary care Country: Western Australia
Interventions	Group 1: prescribed exercise therapy, 12 weeks (n = 32) Group 2: flexibility and relaxation, 12 weeks (n = 29)
Outcomes	• Physiological assessments (heart rate, blood pressure at rest and during exercise, lactate and oxygen consumption) • Perceived exertion (Borg Scale, rating of perceived exertion (RPE)) • Energy expenditure (Older Adult Exercise Status Inventory) • Fatigue (Fatigue Scale, FS; 11 items) • Anxiety and depression (Hospital Anxiety and Depression Scale, HADS) • Cognitive function (computerised version of the modified Stroop Color Word Test) • Changes in overall health (Global Impression Scale, score between 1 and 7, where 1 = very much better, 4 = no change) Outcomes assessed at 12 weeks (end of treatment)
Notes	Supplementary HADS data obtained from study authors for first version of this review

Risk of bias

Bias	**Authors' judgement**	**Support for judgement**
Random sequence generation (selection bias)	Unclear risk	Quote: "...patients were randomised (by an independent investigator)"
Allocation concealment (selection bias)	Unclear risk	Not adequately described
Blinding (performance bias and detection bias) of participants and personnel?	High risk	Not possible to blind participants or personnel (supervisors) to treatment allocation

Wallman 2004 (*Continued*)

Blinding (performance bias and detection bias) of outcome assessors?	High risk	Blinding not possible for self-reported measurements (e.g. FS, SF-36)
Incomplete outcome data (attrition bias) All outcomes	Low risk	2 of 34 (6%) participants in the ET group withdrew: "...for reasons not associated with the study" 5 of 34 (15%) participants in control group withdrew: "for reasons not associated with the study, and a further subject was excluded because her body mass index (44 kg/m^2) prevented her form participating in the exercise test"
Selective reporting (reporting bias)	Unclear risk	All primary outcomes stated under Methods were reported; however, as the trial protocol is not available, we cannot categorically state that the review is free of selective outcome reporting
Other bias	Unclear risk	Baseline data differences between groups for anxiety (7.3 in exercise group vs 8.7 in control group) and mental fatigue (6.3 vs 5.6)

Wearden 1998

Methods	RCT, 4 parallel arms
Participants	Diagnostic criteria: Oxford Number of participants: N = 136 Gender: 97 (71%) female Age, mean (SD): 38.7 (10.8) years Earlier treatment: NS Co-morbidity: 46 (34%) with depressive disorder according to DSM-III-R criteria, use of antidepressant not stated Illness duration: duration of fatigue, median (IQR) 28.0 (39.5) months Work and employment status: 114 (84%) had recently changed occupation Setting: secondary/tertiary care Country: UK
Interventions	Group 1: graded exercise + fluoxetine (n = 33) Group 2: graded exercise + drug placebo, 26 weeks, preferred aerobic exercise 20 minutes at least 3 times per week, up to 75% of participants' functional maximum (n = 34) Group 3: exercise placebo + fluoxetine (n = 35) Group 4: exercise placebo + drug placebo, 26 weeks, offered no specific advice but participants told to do what they felt capable of and to rest when the felt they needed to (n = 34)
Outcomes	• Fatigue (Fatigue Scale, FS; 14 items; 4 or more were used as cutoff to designate caseness) • General health status (Medical Outcome Survey Short-Form Scales, MOS SF-36); measure of general health status on the following 6 scales (cutoff score for poor function in parentheses): physical function (< 83.3), role or occupational function (≤ 50), social

	function (≤ 40), pain (≤ 50), health perception (≤ 70) and mental health (≤ 67) • Anxiety or depression (Hospital Anxiety and Depression Scale, HADS; cutoff of 11 or more designated cases) • Psychiatric diagnoses (Clinical Interview Schedule + supplementary questions by psychologist) • Physiological assessments (grip strength and functional work capacity) Outcomes assessed at weeks 12 and 26 (end of treatment)
Notes	Group 4 was used as treatment as usual, as participants were given no specific advice on exercise but were advised to exercise when they felt capable. Supplementary HADS data were obtained from study authors for the first version of this review

Risk of bias

Bias	**Authors' judgement**	**Support for judgement**
Random sequence generation (selection bias)	Low risk	Quote: "...randomised into a treatment group by computer generated numbers, with groups of 10 to obtain roughly equal numbers"
Allocation concealment (selection bias)	Low risk	Quote: "A list of subject numbers marked with the exercise group for each number was held by the physiotherapist. Pharmacy staff dispensed medication in accordance with the subject number assigned to each subject." The initial assessment was done independently: "All patients were medically assessed by a doctor.. .under the supervision of a consultant physician"
Blinding (performance bias and detection bias) of participants and personnel?	High risk	Quote: "The drug treatment was double blind. The placebo to fluoxetine was a capsule of similar taste and appearance. The placebo to the exercise programme was a review of activity diaries by the physiotherapists"
Blinding (performance bias and detection bias) of outcome assessors?	High risk	Blinding not possible for self-reported measurements (e.g. FS, SF-36)
Incomplete outcome data (attrition bias) All outcomes	High risk	Quote: "Analysis was carried out on an intention to treat basis. When there were missing data at 12 and 26 weeks, scores on the previous assessment were substituted. No data were available on 17 patients for the week 12 assessment, functional work capacity assessments at week 0, seven at week 12 and seven at week 26" Large drop-out rates in all intervention groups
Selective reporting (reporting bias)	High risk	It is clear (p 488) that investigators collected data for all six subscales of the MOS that they used (as well as measures for fatigue, depression and anxiety). Data from fatigue and depression (primary outcomes) are reported numerically. Data from the anxiety scale are said to show 'no significant changes' and are not reported numerically. This is also the case for 5 of the 6 subscales

Wearden 1998 (*Continued*)

		of the MOS, with the exception of health perceptions, which is significant and favours the intervention group NB: Data for forced work capacity (fwc) were collected by investigators but are not reported in this review
Other bias	Low risk	We do not suspect other bias

Wearden 2010

Methods	RCT, 3 parallel arms
Participants	Diagnostic criteria: Oxford (31% fulfilled London ME criteria) Number of participants: N = 296 Gender: 230 (78%) female Age, mean (SD): 44.6 (11.4) years Earlier treatment: 264 (89%) reported medication during the past 6 months with antidepressant (n = 160) or analgesic (n = 79) Co-morbidity, N (%): 53 (18) had a depression diagnosis, 160 (54) were prescribed antidepressants the last 6 months Illness duration (M): 7 (range from 0.5 to 51.7) years Work and employment status: not stated Setting: primary care Country: UK
Interventions	Group 1: pragmatic rehabilitation, 10 sessions over an 18-week period; graded return to activity designed collaboratively by the participant and the therapist, also focusing on sleep patterns and relaxation exercises to address somatic symptoms of anxiety (n = 95) Group 2: supportive listening, 10 sessions over an 18-week period; listening therapy in which the therapist aims to provide an empathic and validating environment in which patients can freely discuss their prioritised concerns (n = 101) Group 3: general practitioner treatment as usual; GPs were asked to manage their cases as they saw fit, but to not refer participants for systematic psychological therapies for CFS/ME during the 18-week treatment period (n = 100)
Outcomes	• Physical functioning (SF-36 physical functioning subscale, percentage score in which higher scores indicate better outcomes) • Fatigue (Fatigue Scale, FS; 11 items; each item was scored dichotomously on a 4-point scale (0, 0, 1 or 1); total scores of 4 or more designated significant levels of fatigue. Lower scores indicated better outcomes) • Anxiety and depression (Hospital Anxiety and Depression Scale (HADS), depression and anxiety scale; lower scores indicate better outcomes) • Sleep (Jenkins Sleep Scale; 4 items; lower scores indicate better outcomes) Outcomes assessed at 20 weeks (end of treatment) and at 70 weeks (follow-up)
Notes	Economic evaluation of the relative cost-effectiveness of pragmatic rehabilitation and supportive listening when compared with treatment as usual, results of which will be reported separately

Wearden 2010 (*Continued*)

Risk of bias		
Bias	**Authors' judgement**	**Support for judgement**
Random sequence generation (selection bias)	Low risk	Quote: "Individual patients were randomly allocated to one of the three treatment arms using computer generated randomised permuted blocks (with randomly varying block sizes of 9, 12, 15, and 18), after stratification on the basis of whether the patient was non-ambulatory (used a mobility aid on most days) and whether the patient fulfilled London ME criteria"
Allocation concealment (selection bias)	Low risk	Quote: "The random allocation was emailed to the trial manager, who assigned each patient a unique study number and notified the designated nurse therapist if the patient had been allocated to a therapy arm"
Blinding (performance bias and detection bias) of participants and personnel?	High risk	Not possible to blind participants or personnel (supervisors) to treatment allocation
Blinding (performance bias and detection bias) of outcome assessors?	High risk	Blinding not possible for self-reported measurements (e.g. FS, SF-36)
Incomplete outcome data (attrition bias) All outcomes	Unclear risk	Number of drop-outs (did not complete treatment): 18/95 (group 1), 17/101 (group 2). Reasons for drop-out: unhappy with randomisation (n = 8), lost contact (n = 8), too busy (n = 7), not benefiting or feeling worse (n = 5), nurse therapist safety concern (n = 2), misdiagnosis (n = 1), received different treatment (n = 1) Loss to follow-up at 20 weeks: 10/95 (group 1), 4/101 (group 2), 8/100 (group 3) Loss to follow-up at 70 weeks: 14/95 (group 1), 11/101 (group 2), 14/100 (group 3)
Selective reporting (reporting bias)	Low risk	All relevant outcomes are reported in accordance with the protocol
Other bias	Low risk	We do not suspect other types of bias

White 2011

Methods	RCT, multi-centre, 4 parallel arms
Participants	Diagnostic criteria: Oxford (56% satisfied London ME criteria) Number of participants: N = 641 Gender: 495 (77%) female Age, mean (SD): 38 (12) years

	Earlier treatment: NS Co-morbidity: 219 (34%) with any depressive disorder, 260 (41%) used antidepressants Illness duration: median 32 (IQR 16 to 68) months (GET 35 (18 to 67) and SMC 25 (15 to 57) months) Work and employment status: mean baseline score at the work and social adjustment scale, 27.4 Setting: secondary/tertiary care Country: UK
Interventions	Group 1, specialist medical care (SMC): provided by doctors with specialist experience in CFS. All participants were given a leaflet explaining the illness and the nature of this treatment. Treatment consisted of an explanation of chronic fatigue syndrome, generic advice such as to avoid extremes of activity and rest, specific advice on self-help according to the particular approach chosen by the participant (if receiving SMC alone) and symptomatic pharmacotherapy (especially for insomnia, pain and mood, n = 160) Group 2, adaptive pacing therapy (APT): based on the envelope theory aimed at optimum adaptation to the illness by helping the participant to plan and pace activity to reduce or avoid fatigue, achieve prioritised activities and provide the best conditions for natural recovery. Therapeutic strategies consisted of identifying links between activity and fatigue by using a daily diary, with corresponding encouragement to plan activity to avoid exacerbations, developing awareness of early warnings of exacerbation, limiting demands and stress, regularly planning rest and relaxation and alternating different types of activities, with advice not to undertake activities that demanded more than 70% of participants' perceived energy envelopes. Increased activities were encouraged if participants felt able, and as long as they did not exacerbate symptoms (n = 160) Group 3, cognitive-behavioural therapy (CBT): done on the basis of the fear avoidance theory of CFS. The aim of treatment was to change the behavioural and cognitive factors assumed to be responsible for perpetuation of participants' symptoms and disability. Therapeutic strategies guided participants to address unhelpful cognitions, including fears about symptoms or activities, by testing them through behavioural experiments. These experiments consisted of establishing a baseline of activity and rest and a regular sleep pattern, then making collaboratively planned gradual increases in both physical and mental activity. Participants were helped to address social and emotional obstacles to improvement through problem solving (n = 161) Group 4, graded exercise therapy (GET): done on the basis of deconditioning and exercise intolerance theories of chronic fatigue syndrome. The aim of treatment was to help participants gradually return to appropriate physical activities and reverse deconditioning, thereby reducing fatigue and disability. Therapeutic strategies consisted of establishment of a baseline of achievable exercise or physical activity, followed by a negotiated, incremental increase in the duration of time spent being physically active. Target heart rate ranges were set when necessary to avoid overexertion, which eventually aimed at 30 minutes of light exercise 5 times a week. When this rate was achieved, the intensity and aerobic nature of the exercise (usually walking) were gradually increased in response to participant feedback and with mutual planning (n = 160)
Outcomes	Primary outcomes • Fatigue (Fatigue Scale, FS; Likert scoring 0, 1, 2, 3; range 0 to 33; lowest score is least fatigue) • Physical function (Short Form-36 (SF-36) physical function subscale version 2;

	range 0 to 100; highest score is best function) • Safety outcomes (non-serious adverse events, serious adverse events, serious adverse reactions to trial treatments, serious deterioration and active withdrawals from treatment) • Adverse events (i.e. any clinical change, disease or disorder reported, whether or not related to treatment) Secondary outcomes • Changes in overall health (Global Impression Scale, score between 1 and 7, where 1 = very much better, 4 = no change) • Overall disability: work and social adjustment scale • 6-Minute walking test (distance in meters walked) • Sleep (Jenkins Sleep Scale score for disturbed sleep) • Anxiety and depression (Hospital Anxiety and Depression Scale, HADS) • Number of chronic fatigue syndrome symptoms (individual symptoms of postexertional malaise and poor concentration or memory) • Use of health service resources Outcomes assessed at 12 weeks, 24 weeks (end of treatment) and 52 weeks (follow-up)
Notes	

Risk of bias

Bias	**Authors' judgement**	**Support for judgement**
Random sequence generation (selection bias)	Low risk	Quote: "Participants were allocated to treatment groups through the Mental Health and Neuroscience Clinical Trials Unit (London, UK) after baseline assessment and obtainment of consent. A database programmer undertook treatment allocation, independently of the trial team. The first three participants at each of the six clinics were allocated with straightforward randomisation. Thereafter allocation was stratified by centre, alternative criteria for chronic fatigue syndrome and myalgic encephalomyelitis and depressive disorder (major or minor depressive episode or dysthymia), with computer-generated probabilistic minimisation"
Allocation concealment (selection bias)	Low risk	Quote: "Once notified of treatment allocation by the Clinical Trials Unit, the research assessor informed the participant and clinicians"
Blinding (performance bias and detection bias) of participants and personnel?	High risk	Quote: "As with any therapy trial, participants, therapists, and doctors could not be masked to treatment allocation and it was also impractical to mask research assessors. The primary outcomes were rated by participants themselves"

White 2011 (*Continued*)

Blinding (performance bias and detection bias) of outcome assessors?	High risk	Quote: "The statistician undertaking the analysis of primary outcomes was masked to treatment allocation"
Incomplete outcome data (attrition bias) All outcomes	Low risk	None found
Selective reporting (reporting bias)	Low risk	Quote: "These secondary outcomes were a subset of those specified in the protocol, selected in the statistical analysis plan as most relevant to this report." Our primary interest is the primary outcome reported in accordance with the protocol, so we do not believe that selective reporting is a problem
Other bias	Low risk	We do not suspect other types of bias

ACT, anaerobic activity therapy.
APT, adaptive pacing therapy.
BAI, Beck Anxiety Inventory.
BDI-II, Beck Depression Inventory.
BPI, Brief Pain Inventory.
CBT, cognitive-behavioural therapy.
CDC, Centers for Disease Control and Prevention.
CFS, chronic fatigue syndrome.
COG, cognitive therapy.
ET, exercise therapy.
FS, Fatigue Scale.
FSS, Fatigue Severity Scale.
GET, graded exercise therapy.
HADS, Hospital Anxiety and Depression Scale.
HR, heart rate.
IQR, interquartile range.
ME, myalgic encephalitis.
MOS, Medical Outcome Survey.
NS, Not stated.
PSQI, Pittsburgh Sleep Quality Index.
PSS, Perceived Stress Scale.
RCT, randomised controlled trial.
RELAX, relaxation treatment.
RPE, rating of perceived exertion.
SD, standard deviation.
SF-36, Short Form 36.
SMC, specialist medical care.
VO_2, oxygen consumption.

Characteristics of excluded studies *[ordered by study ID]*

Study	Reason for exclusion
Evering 2008	RCT The trial was excluded, as the intervention was feedback on physical activity
Gordon 2010	RCT Compares the relative effectiveness of 2 different types of exercise therapy. Even though this is an interesting question, it was beyond the scope of this version of the review
Guarino 2001	The trial was excluded, as the population was "Gulf War veterans"
Nunez 2011	RCT Combination treatment of which exercise therapy is a minor part
Ridsdale 2004	RCT No clinical diagnosis of chronic fatigue syndrome. Our inclusion criteria state that the duration of fatigue needs to > 6 months, whereas inclusion criteria in Risdale 2004 is > 3 months The trial was excluded, as the intervention did not include exercise: "cognitive behaviour therapy (CBT) with counselling"; the population was "patients with chronic fatigue"
Ridsdale 2012	RCT The trial was excluded, as the population was "people presenting with chronic fatigue in primary care"
Russel 2001	RCT The trial was excluded, as exercise was not the main part of the intervention: "Group rehabilitation (psycho-education, graded exercise, goal setting and pacing, breathing control and challenging unhelpful thoughts)"
Stevens 1999	RCT The PhD was excluded, as exercise was a minor component of the intervention: "conducted to implement the use of sleep hygiene education, biofeedback assisted relaxation and breathing retraining, graded aerobic exercise, and cognitive therapy...."
Taylor 2004	RCT The trial was excluded, as exercise was not the main component of the intervention: "In our program, group topics included activity pacing using the Envelope Theory (Jason et al., 1999), cognitive coping skills training, relaxation and meditation training, employment issues and economic self-sufficiency, personal relationships, traditional and complementary medical approaches, and nutritional approaches"
Taylor 2006	The trial was excluded, as the study used a "cross-sectional design"
Thomas 2008	The trial was excluded, as "between-group comparisons were used." This was a controlled trial, but participants were not randomly assigned
Tummers 2012	RCT The trial was excluded, as interventions included variations of CBT: "additional CBT (stepped care) or regular CBT (care as usual)"

(*Continued*)

Viner 2004	The trial was excluded, as the population consisted of "young people (aged 9-17 years) with CFS/ME"
Wright 2005	The trial was excluded, as the population included young people 0 to 19 years of age

Characteristics of studies awaiting assessment *[ordered by study ID]*

Hatcher 1998

Methods	RCT, 2 arms
Participants	Patients with chronic fatigue syndrome
Interventions	Dothiepin and graded activity
Outcomes	Not found
Notes	Not able to identify published paper nor study author

Liu 2010

Methods	RCT, 3 arms, N = 90
Participants	Patients with chronic fatigue syndrome
Interventions	Tuina group Taijiquan (take exercise) group Fluoxetine group
Outcomes	Therapeutic effects and changes in malondialdehyde (MDA) content and in activity of serum superoxide dismutases (SOD) and serum glutathione peroxidase (GSH-Px) were observed
Notes	Published paper does not report outcomes that are relevant for this review Study authors were contacted to clarify whether relevant outcomes were measured, but we are still awaiting response

Zhuo 2007

Methods	RCT, 2 parallel arms
Participants	Patients with chronic fatigue syndrome, N = 70
Interventions	Sports group received gradual exercise Comparison group rested
Outcomes	Fatigue symptoms of chronic fatigue syndrome (CFS), sleeping time; symptoms for ears and eyes, muscle and bone system, nervous system and quality of life

Notes	Information from English abstract. Waiting for translation

Characteristics of ongoing studies *[ordered by study ID]*

Broadbent 2012

Trial name or title	Pilot study on the effects of intermittent and graded exercise compared with no exercise for optimising health and reducing symptoms in chronic fatigue syndrome (CFS) patients
Methods	Randomised controlled trial, parallel
Participants	Inclusion criteria: medical diagnosis of chronic fatigue syndrome: persistent and disabling, and/or recurring, fatigue lasting longer than 6 months, which does not result from physical exertion and is not alleviated by rest. Other symptoms include muscle weakness and pain, ongoing medical symptoms such as swollen lymph nodes and fever, poor sleep, poor concentration and reduced quality of life Exclusion criteria: diagnosed cardiac and/or respiratory disease; joint or muscle condition/disease other than CFS that is contraindicated for exercise; any mental health condition that may affect exercise participation or safety of participants and researchers Age minimum: 18 years Age maximum: 60 years Gender: both male and female
Interventions	Randomised controlled trial of intermittent exercise training compared with graded exercise and standard care. Graded exercise is the current recommended exercise approach to CFS; it consists of self-paced (e.g. low-intensity) steady state exercise at a constant workload for a short time; as the patient's fitness gradually improves, the length of time and eventually the intensity are increased in a gradual graded manner, provided no adverse symptoms occur. Intermittent or interval exercise consists of short blocks of exercise at low to moderate intensity with a rest interval in between bouts of exercise (e.g. 1 minute of low-intensity cycling, followed by 1 minute of rest, followed by 1 minute of cycling); total time spent exercising can be gradually increased whilst rest or unloaded exercise intervals are maintained. Participants will be randomly allocated to 1 of 3 groups. Each group will consist of 20 participants to provide a power of 80% for the study (based on data from Gordon 2010), with an a prior test used to compute required sample size, given alpha (P value 0. 05), power and effect size for an F test, and looking at ANOVA fixed effects, main effects and interactions (GPower). Volunteers will participate in 3 aerobic exercise sessions (cycling on a cycle ergometer) per week, consisting of the following • Warm-up of 5 minutes of unloaded cycling for both ITE and GE groups • Either a steady state (constant effort) low- to moderate-intensity cycling period (50% VO_2peak, RPE 3 Modified Borg Scale) initially for 10 minutes (GE group) OR an intermittent exercise block of 1 minute of moderate-intensity cycling (60% VO_2peak, RPE 4 to 5) alternated with 1 minute of unloaded or very low-intensity/unloaded cycling (20% to 30% VO_2peak, RPE 1 to 2), totaling 20 minutes • Cool-down of 5 minutes unloaded cycling plus stretching of main muscle groups for both groups Over the 12 weeks of the project, we aim to progress the duration of SS exercise towards 20 minutes, as tolerated by the participant, and to progress ITE participants towards intervals of 2 to 3 minutes of moderate-intensity cycling, alternated with 1-minute intervals of low-intensity cycling, totaling 25 to 30 minutes in duration. All group sessions will be supervised by a member of the research team (consisting of accredited exercise physiologists) with assistance from postgraduate Masters of Clinical Exercise Physiology students, who are studying to become accredited exercise physiologists

Broadbent 2012 (*Continued*)

	Total intervention duration will be 12 weeks for graded, intermittent and control groups
Outcomes	Improved physiological adaptations to exercise (reduced RPE, heart rate and blood pressure). Rate of perceived exertion (RPE) is assessed using a standard 10-point Borg Scale on which participants are asked how hard they feel they are exercising; heart rate will be measured using a 12-lead ECG during prestudy and poststudy exercise tests, and during exercise sessions, by using a Polar heart rate monitor; blood pressure will be monitored constantly during prestudy and poststudy exercise testing, and during exercise sessions, using a standard sphygmomanometer and an adult-sized cuff and stethoscope Increased lymphocyte function and reduced inflammatory cytokines measured prestudy and poststudy by comparison of immune cell counts, lymphocyte (CD4, CD8, CD19, NK) function and inflammatory cytokines (IFN-λ, IL-1) in both exercise groups and control groups. Cell counts will be measured by full blood count (standard pathology); lymphocyte subsets will be measured by cell count using a FACSCanto flow cytometer (Becton Dickinson); lymphocyte function will be analysed using proliferative assays with flow cytometric fluorescent analysis; and inflammatory cytokines will be assessed using standard ELISA assays Increased VO_2peak, as measured prestudy and poststudy by open circuit spirometry (Sensormedics) metabolic cart and by breath-by-breath analysis. The test protocol is a cycle test starting with a 3-minute warm-up of unloaded cycling, followed by 1-minute increments of 10 watts (W) until a VO_2 plateau is achieved (i.e. VO_2 does not increase, although workload continues to increase and/or RER > 1.15 and/or peak heart rate within 10 beats per minute of age-predicted maximum and/or volitional exhaustion). The test may also be stopped at the request of participants if they feel too fatigued. If a submaximal value is achieved at this stage, a peak VO_2 value can be extrapolated by using a linear regression Reduced fatigue and symptoms (Cummins Fatigue Scale)
Starting date	10/02/2013
Contact information	suzanne.broadbent@scu.edu.au
Notes	http://apps.who.int/trialsearch/Trial.aspx?TrialID=ACTRN12612001241820 http://www.anzctr.org.au/ACTRN12612001241820.aspx

Kos 2012

Trial name or title	Pacing activity self-management for patients with chronic fatigue syndrome: randomized controlled clinical trial
Methods	RCT
Participants	Inclusion criteria • Adults between 18 and 65 years of age • Female gender • Willing to sign informed consent form • Fulfilling 1994 Centers for Disease Control and Prevention criteria for the diagnosis of chronic fatigue syndrome Exclusion criteria • Not fulfilling each of the inclusion criteria listed above
Interventions	Behavioural: pacing Behavioural: relaxation therapy

Kos 2012 (*Continued*)

Outcomes	Change in score on the Canadian Occupational Performance Measure (COPM) Change in autonomic activity at rest and following 3 activities of daily living Change in CFS Symptom List Change in Checklist of Individual Strength (CIS) Change in subscale scores on the Medical Outcomes Short Form-36 Health Status Survey (SF-36)
Starting date	August 2011
Contact information	Jo.Nijs@vub.ac.be
Notes	http://clinicaltrials.gov/show/NCT01512342

Marques 2012

Trial name or title	Protocol for the "four steps to control your fatigue (4-STEPS)" randomised controlled trial: a self-regulation based physical activity intervention for patients with unexplained chronic fatigue
Methods	Multi-centre, randomised controlled trial (RCT)
Participants	Fulfilling operationalised criteria for idiopathic chronic fatigue (ICF) and for chronic fatigue syndrome (CFS) Patients visiting their physician with a main complaint of unexplained fatigue of at least 6 months' duration are recruited for the study Inclusion criteria: meeting the operationalised criteria for ICF or CFS (CDC criteria); between 18 and 65 years of age; fluent in spoken Portuguese; capacity to provide informed consent Exclusion criteria: presence of a concurrent somatic condition that can explain the fatigue symptoms; severe psychiatric disorders
Interventions	Standard care (SC) or standard care plus a self-regulation based physical activity programme (4-STEPS) In addition to standard care, participants in the intervention group received the 4-STEPS programme consisting of the following • 2 face-to-face individual motivational interviewing (MI) sessions aimed at exploring important health and life goals, increasing participants' motivation and confidence to be physically active and setting a specific personal physical activity goal. The first MI session takes place 1 week after the baseline assessment, and the second MI session takes place 2 weeks after the first. The MI session is delivered by a psychologist with MI training (member of the research team). The duration of the sessions is approximately 1 hour. Details on topics addressed during the MI sessions are presented in Table 1 • 2 brief telephone counselling sessions: Sessions take about 20 minutes and are provided 2 weeks and 6 weeks after the last MI session. Details on topics addressed during the telephone sessions are presented in Table 1 • Self-regulation (SR) booklets: 2 booklets were designed to help patients change their level of physical activity (informational booklet and workbook). The informational booklet was provided at the end of the baseline assessment; the "Step 1" part of the workbook is provided at the first MI session, and parts "Step 2, " "Step 3" and "Step 4" are given during the second MI session. Details on topics addressed in the SR booklets are presented in Table 2 • A pedometer to register physical activity on a daily basis (steps taken) during the 3-month intervention period. Instructions on how to use the pedometer are given during the baseline assessment session (Table 2) • Daily activities record (Table 2): Participants received several daily activity records (physical activities, mental activities and rest). The first daily activity record was given to the participant at the end of the first

Marques 2012 (*Continued*)

	MI session; participants were asked to fill out the activity record during the time between the first and second MI sessions. This homework assignment aimed to evaluate participants' daily activities management while possibly recognising an erratic pattern of rest and activity (boom and bust cycle). At the end of the second MI session, participants received daily activities records that could be used to monitor changes in daily activity patterns during the subsequent 9 weeks • Leaflet for family: At the end of the first MI session, participants received a leaflet for their partner or significant other to increase social support
Outcomes	The primary outcome was the reduction in perceived fatigue severity, which was assessed by using the Checklist of Individual Strength (CIS-20R). A difference of 7 points between intervention and control groups for the main dimension (the subjective feeling of fatigue subscale) of the CIS-20R was considered to be clinically significant
Starting date	The 4-STEPS RCT started in January 2011
Contact information	Marta Marques: mmarques@ispa.pt
Notes	ISRCTN: ISRCTN70763996 Copied from the published protocol: http://www.biomedcentral.com/1471-2458/12/202

Vos-Vromans 2008

Trial name or title	Is a multi-disciplinary rehabilitation treatment more effective than mono-disciplinary cognitive behavioural therapy for patients with chronic fatigue syndrome? A multi-centre randomised controlled trial
Methods	RCT
Participants	Patients were included if they fulfilled the CDC-94 criteria for CFS and had a score $\geq$ 40 on the Checklist of Individual Strength (CIS)-fatigue questionnaire. CDC-94 criteria for CFS are as follows • At least 6 months of persistent or recurring fatigue for which no physical explanation was found and that ○ was of new onset, that is to say, it had not been lifelong ○ was not the result of ongoing exertion ○ was not substantially alleviated by rest and ○ severely limited functioning In combination with 4 or more of the following symptoms, persistent or regularly recurring over a period of 6 months and that must not have predated the fatigue • Self-reported impairment in memory or concentration • Sore throat • Tender cervical lymph nodes • Muscle pain • Multi-joint pain • Headache • Unrefreshing sleep • Postexertional malaise lasting 24 hours or longer Additional inclusion criteria for this study follow here • Participants are willing to participate in a treatment that is set up to change behaviour • Participants are between 18 and 60 years of age, of either sex

	• Participants can speak, understand and write the Dutch language
Interventions	After intake, participants will be randomly divided into 2 groups: cognitive-behavioural therapy (CBT) and multi-disciplinary rehabilitation therapy (MRT) • Cognitive-behavioural therapy (CBT) CBT is based on process variables of a CFS model. This model shows that high physical attributions will decrease physical activity and increase fatigue and functional impairment. A low level of sense of control over symptoms and focusing on physical sensations have a direct causal effect on fatigue. In CFS precipitating and perpetuating factors are important. The perpetuating factors become the focus of the intervention in CBT. An important subject in the therapy is the balance between activity and rest and the patients' responsibility to see to it. Negative beliefs regarding the symptoms of fatigue, self-expectations or self-esteem are identified and patients are encouraged to challenge them the conventional way. Specific lifestyle changes are encouraged if deemed appropriate. At the end of the therapy relapse prevention is addressed. Patients who are assigned to this group will attend 16 individual therapy sessions of one hour duration, spread out over 6 months with a psychologist or behavioural therapist • Multi-disciplinary rehabilitation therapy (MRT): MRT includes CBT, GET, pacing and body awareness therapy (investigational treatment) ○ CBT: as above ○ Graded exercise therapy (GET): structured and supervised activity management that aims at a gradual but progressive increase in aerobic activities. It is completed by graded activity and graded exercise in which a gradual and progressive increase in physical and mental activities is trained. Activities include activities of daily living and occupational and social or leisure activities ○ Pacing: helps the patient divide energy over the day/week. Eventually patients are encouraged to carry out a gradual increase in physical and mental activity ○ Body awareness therapy: teaches the patient to be aware of healthy physical sensations and to link them in the mind (body mentalisation). Patients are taught to react adequately to disturbances in the balance between daily workload and the capacity to deal with it. The balance between activity and rest is linked to the patient's inner control and to healthy physical sensations MRT includes the following • 2 weeks: observation (2 sessions of 1 hour with psychology, 2 sessions of 1 hour with a social worker, 2 sessions of 1/2 hour with occupational therapy, 2 sessions of 1/2 hour with physiotherapy) • 2 weeks: no therapy • 10 weeks therapy (5 sessions of 1 hour with psychology, 4 sessions of 1 hour with a social worker, 26 sessions of 1/2 hour with physiotherapy and 20 sessions of 1/2 hour with occupational therapy) • 6 weeks: no therapy • 1 session of 1 hour with a social worker (after 6 weeks of no therapy) • 2 sessions of both 1/2 and 1 hour of therapy with the therapist chosen by participants During MRT, a participant sees the physician during rehabilitation 3 times (20 minutes per visit) Total duration of both treatments is 6 months. Duration of follow-up for both treatments is also 6 months
Outcomes	Primary outcomes • Fatigue severity as measured using the Checklist of Individual Strength at baseline, 6 months and 12 months after start of therapy Secondary outcomes • Quality of life as measured using the 36-item Short-Form Health Survey (SF-36) • Psychological well-being as measured using Symptom Check List-90 • Sense of control in relation to CFS complaints as measured using a self-efficacy scale • Somatic attributions as measured using the Causal Attribution List • Mindfulness as measured using the Mindfulness Attention Awareness Scale

	• Functional activities (the most important) that a patient wants to improve during treatment as measured using the Patient-Specific Complaints and Goals Questionnaire • Impact of disease on both physical and emotional functioning as measured using the Sickness Impact Profile • Physical activity as measured using the Body Media Sensewear Activity Monitor • Self-rated improvement as measured using 5 questions on the 5- and 10-point Likert scale • Life satisfaction as measured using the Life Satisfaction Questionnaire • Utility as measured using EuroQol 6-D • Treatment expectancy and credibility as measured using the Devilly and Borkovec Questionnaire All outcomes are measured at baseline and at 6 and 12 months after start of therapy. Treatment costs and additional expenses (work-related costs, healthcare and non-healthcare costs) are measured using the Trimbos/iMTA Questionnaire for Costs Associated With Psychiatric Illness; will be measured every month (from baseline until 12 months after start of therapy)
Starting date	27/11/2008 Recruitment status: completed
Contact information	d.vos-vromans@rcbreda.nl
Notes	http://isrctn.org/ISRCTN77567702

White 2012

Trial name or title	Graded Exercise Therapy guided SElf-help Treatment (GETSET) for patients with chronic fatigue syndrome/myalgic encephalomyelitis: a randomised controlled trial in secondary care (GETSET)
Methods	Randomised interventional trial
Participants	Inclusion • Patients attending 2 CFS/ME specialist clinics in London • Patients receiving a diagnosis of CFS/ME from a specialist doctor and going onto a waiting list for clinic treatment • Patients 18 years of age or older • Speak and read English adequately to provide informed consent and read the guided support booklet • Target gender: male and female • Lower age limit: 18 years Exclusion • Not receiving a diagnosis of CFS/ME • Co-morbid condition that requires that exercise be performed only in the presence of a doctor • Younger than age 18 • Active suicidal thoughts
Interventions	Guided support, a copy of the GETSET booklet, a 30-minute consultation face-to-face by Skype or by telephone, 3 further Skype telephone contacts Intervention over 9 weeks: follow-up length: 3 month(s); study entry: single randomisation only
Outcomes	Primary: SF-36 physical function subscale (SF-36PF) measured 12 weeks from randomisation Secondary: Clinical Global Impression Change Scale (CGI) score measured 12 weeks from baseline

White 2012 (*Continued*)

Starting date	16/05/2012
Contact information	Prof PD White; p.d.white@qmul.ac.uk
Notes	http://www.controlled-trials.com/ISRCTN22975026/GETSET

ANOVA, analysis of variance.
CFS, chronic fatigue syndrome.
CGI, Clinical Global Impression scale.
CIS, Checklist of Individual Strength.
COPM, Canadian Occupational Performance Measure.
ELISA, enzyme-linked immunosorbent assay.
EuroQol 6-D: Short Form 6-D of the standard measure of health outcomes of the EuroQol Group.
GE, Graded exercise.
ICF, idiopathic chronic fatigue.
IFN, interferon.
IL, interleukin.
ITE, intermittent exercise training.
MI, motivational interviewing.
MRT, multi-disciplinary rehabilitation therapy.
NK, natural killer cell.
RER, respiratory exchange ratio.
RPE, rating of perceived exertion.
SC, standard care.
SS, steady state.
VO_2, oxygen consumption

DATA AND ANALYSES

Comparison 1. Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Fatigue (end of treatment)	7		Mean Difference (IV, Random, 95% CI)	Subtotals only
1.1 Fatigue Scale, FS (11 items/0 to 11 points)	1	148	Mean Difference (IV, Random, 95% CI)	-6.06 [-6.95, -5.17]
1.2 Fatigue Scale, FS (11 items/0 to 33 points)	3	540	Mean Difference (IV, Random, 95% CI)	-2.82 [-4.07, -1.57]
1.3 Fatigue Scale, FS (14 items/0 to 42 points)	3	152	Mean Difference (IV, Random, 95% CI)	-6.80 [-10.31, -3.28]
2 Fatigue (follow-up)	4		Mean Difference (IV, Random, 95% CI)	Subtotals only
2.1 Fatigue Scale, FS (11 items/0 to 11 points)	1	148	Mean Difference (IV, Random, 95% CI)	-7.13 [-7.97, -6.29]
2.2 Fatigue Scale, FS (11 items/0 to 33 points)	2	472	Mean Difference (IV, Random, 95% CI)	-2.87 [-4.18, -1.55]
2.3 Fatigue Severity Scale, FSS (9 items/1 to 7 points)	1	50	Mean Difference (IV, Random, 95% CI)	0.15 [-0.55, 0.85]
3 Participants with serious adverse reactions	1		Risk Ratio (M-H, Random, 95% CI)	Totals not selected
4 Pain (follow-up)	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
4.1 Brief Pain Inventory, pain severity subscale (0 to 10 points)	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
4.2 Brief Pain Inventory, pain interference subscale (0 to 10 points)	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
5 Physical functioning (end of treatment)	5		Mean Difference (IV, Random, 95% CI)	Subtotals only
5.1 SF-36, physical functioning subscale (0 to 100 points)	5	725	Mean Difference (IV, Random, 95% CI)	-13.10 [-24.22, -1.98]
6 Physical functioning (follow-up)	3		Mean Difference (IV, Random, 95% CI)	Subtotals only
6.1 SF-36, physical functioning subscale (0 to 100 points)	3	621	Mean Difference (IV, Random, 95% CI)	-16.33 [-36.74, 4.08]
7 Quality of life (follow-up)	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
7.1 Quality of Life Scale (16 to 112 points)	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
8 Depression (end of treatment)	5		Mean Difference (IV, Random, 95% CI)	Subtotals only
8.1 HADS, depression score (7 items/21 points)	5	504	Mean Difference (IV, Random, 95% CI)	-1.63 [-3.50, 0.23]
9 Depression (follow-up)	4		Mean Difference (IV, Random, 95% CI)	Subtotals only
9.1 Beck Depression Inventory (0 to 63 points)	1	45	Mean Difference (IV, Random, 95% CI)	3.44 [-1.00, 9.88]

9.2 HADS, depression subscale (0 to 21 points)	3	609	Mean Difference (IV, Random, 95% CI)	-2.26 [-5.09, 0.56]
10 Anxiety (end of treatment)	3		Mean Difference (IV, Random, 95% CI)	Subtotals only
10.1 HADS, anxiety score (0 to 21 points)	3	387	Mean Difference (IV, Random, 95% CI)	-1.48 [-3.58, 0.61]
11 Anxiety (follow-up)	4		Mean Difference (IV, Random, 95% CI)	Subtotals only
11.1 Beck Anxiety Inventory (0 to 63 points)	1	45	Mean Difference (IV, Random, 95% CI)	0.70 [-4.52, 5.92]
11.2 HADS, anxiety score (0 to 21 points)	3	607	Mean Difference (IV, Random, 95% CI)	-1.01 [-2.75, 0.74]
12 Sleep (end of treatment)	2		Mean Difference (IV, Random, 95% CI)	Subtotals only
12.1 Jenkins Sleep Scale (0 to 20 points)	2	323	Mean Difference (IV, Random, 95% CI)	-1.49 [-2.95, -0.02]
13 Sleep (follow-up)	3		Mean Difference (IV, Random, 95% CI)	Subtotals only
13.1 Jenkins Sleep Scale (0 to 20 points)	3	610	Mean Difference (IV, Random, 95% CI)	-2.04 [-3.84, -0.23]
14 Self-perceived changes in overall health (end of treatment)	4	489	Risk Ratio (M-H, Random, 95% CI)	1.83 [1.39, 2.40]
15 Self-perceived changes in overall health (follow-up)	3	518	Risk Ratio (M-H, Random, 95% CI)	1.88 [0.76, 4.64]
16 Health resource use (follow-up) [Mean no. of contacts]	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
16.1 Primary care	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
16.2 Other doctor	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
16.3 Healthcare professional	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
16.4 Inpatient	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
16.5 Accident and emergency	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
16.6 Other health/social services	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
16.7 Complementary health care	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
16.8 Standardised medical care	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
17 Health resource use (follow-up) [No. of users]	1		Risk Ratio (M-H, Random, 95% CI)	Totals not selected
17.1 Primary care	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
17.2 Other doctor	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
17.3 Healthcare professional	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
17.4 Inpatient	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
17.5 Accident and emergency	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
17.6 Medication	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
17.7 Complementary health care	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
17.8 Other health/social services	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
17.9 Standardised medical care	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
18 Drop-out	6	843	Risk Ratio (M-H, Random, 95% CI)	1.63 [0.77, 3.43]
19 Subgroup analysis for fatigue	7	840	Std. Mean Difference (IV, Random, 95% CI)	-0.68 [-1.02, -0.35]
19.1 Graded exercise therapy	6	779	Std. Mean Difference (IV, Random, 95% CI)	-0.71 [-1.09, -0.32]
19.2 Exercise with self-pacing	1	61	Std. Mean Difference (IV, Random, 95% CI)	-0.54 [-1.05, -0.02]

Comparison 2. Exercise therapy versus psychological treatment

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Fatigue at end of treatment (FS; 11 items/0 to 33 points)	2		Mean Difference (IV, Random, 95% CI)	Totals not selected
1.1 CBT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
1.2 Supportive listening	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
2 Fatigue at follow-up (FSS; 1 to 7 points)	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
2.1 CT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
2.2 CBT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
3 Fatigue at follow-up (FS; 11 items/0 to 33 points)	2		Mean Difference (IV, Random, 95% CI)	Totals not selected
3.1 CBT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
3.2 Supportive listening	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
4 Participants with serious adverse reactions	2		Risk Ratio (M-H, Random, 95% CI)	Totals not selected
4.1 CBT	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
4.2 Suportive listening	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
5 Pain at follow-up (BPI, pain severity subscale; 0 to 10 points)	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
5.1 CBT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
5.2 CT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
6 Pain at follow-up (BPI, pain interference subscale; 0 to 10 points)	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
6.1 CBT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
6.2 CT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
7 Physical functioning at end of treatment (SF-36, physical functioning subscale; 0 to 100 points)	2		Mean Difference (IV, Random, 95% CI)	Totals not selected
7.1 CBT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
7.2 Supportive listening	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
8 Physical functioning at follow-up (SF-36, physical functioning subscale; 0 to 100 points)	3		Mean Difference (IV, Random, 95% CI)	Subtotals only
8.1 CBT	2	348	Mean Difference (IV, Random, 95% CI)	7.92 [-9.79, 25.63]
8.2 CT	1	47	Mean Difference (IV, Random, 95% CI)	21.37 [6.61, 36.13]
8.3 Supportive listening	1	171	Mean Difference (IV, Random, 95% CI)	-7.55 [-15.57, 0.47]
9 Depression at end of treatment (HADS depression score; 7 items/21 points)	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
9.1 Supportive listening	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
10 Depression at follow-up (BDI; 0 to 63 points)	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
10.1 CT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
10.2 CBT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]

11 Depression at follow-up (HADS depression score; 7 items/21 points)	2		Mean Difference (IV, Random, 95% CI)	Totals not selected
11.1 CBT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
11.2 Supportive listening	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
12 Anxiety at end of treatment (HADS anxiety; 7 items/21 points)	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
12.1 Supportive listening	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
13 Anxiety at follow-up (BAI; 0 to 63 points)	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
13.1 CT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
13.2 CBT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
14 Anxiety at follow-up (HADS anxiety; 7 items/21 points)	2		Mean Difference (IV, Random, 95% CI)	Totals not selected
14.1 CBT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
14.2 Supportive listening	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
15 Sleep at end of treatment (Jenkins Sleep Scale; 0 to 20 points)	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
15.1 Supportive listening	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
16 Sleep at follow-up (Jenkins Sleep Scale; 0 to 20 points)	2		Mean Difference (IV, Random, 95% CI)	Totals not selected
16.1 CBT	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
16.2 Supportive listening	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
17 Self-perceived changes in overall health at end of treatment	1		Risk Ratio (M-H, Random, 95% CI)	Totals not selected
17.1 CBT	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
18 Self-perceived changes in overall health at follow-up	2		Risk Ratio (M-H, Random, 95% CI)	Subtotals only
18.1 CT	1	50	Risk Ratio (M-H, Random, 95% CI)	0.63 [0.36, 1.10]
18.2 CBT	2	368	Risk Ratio (M-H, Random, 95% CI)	0.71 [0.33, 1.54]
19 Health resource use (follow-up) [Mean no. of contacts]	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
19.1 Primary care	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
19.2 Other doctor	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
19.3 Healthcare professional	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
19.4 Inpatient	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
19.5 Accident and emergency	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
19.6 Other health/social services	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
19.7 Complementary health care	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
19.8 Standardised medical care	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
20 Health resource use (follow-up) [No. of users]	1		Risk Ratio (M-H, Random, 95% CI)	Totals not selected
20.1 Primary care	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
20.2 Other doctor	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
20.3 Healthcare professional	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
20.4 Inpatient	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]

20.5 Accident and emergency	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
20.6 Medication	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
20.7 Complementary health care	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
20.8 Other health/social services	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
20.9 Standardised medical care	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
21 Drop-out	2	Risk Ratio (M-H, Random, 95% CI)	Totals not selected
21.1 CBT	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
21.2 Supportive listening	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]

Comparison 3. Exercise therapy versus adaptive pacing

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Fatigue	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
1.1 Fatigue Scale, FS (11 items/33 points)-end of treatment	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
1.2 Fatigue Scale, FS (11 items/33 points)-follow-up	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
2 Participants with serious adverse reactions	1		Risk Ratio (M-H, Random, 95% CI)	Totals not selected
3 Physical functioning	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
3.1 SF-36, physical functioning subscale (0 to 100)-end of treatment	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
3.2 SF-36, physical functioning subscale (0 to 100)-follow-up	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
4 Depression	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
4.1 HADS, depression score (7 items/21 points)-follow-up	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
5 Anxiety	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
5.1 HADS, anxiety score (0 to 21 points)-follow-up	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
6 Sleep	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
6.1 Jenkins Sleep Scale (0 to 20 points)-follow-up	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
7 Self-perceived changes in overall health	1		Risk Ratio (M-H, Random, 95% CI)	Totals not selected
7.1 End of treatment	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
7.2 Follow-up	1		Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
8 Health resource use (follow-up) [Mean no. of contacts]	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
8.1 Primary care	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
8.2 Other doctor	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]

8.3 Healthcare professional	1	Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
8.4 Inpatient	1	Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
8.5 Accident and emergency	1	Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
8.6 Other health/social services	1	Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
8.7 Complementary health care	1	Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
8.8 Standardised medical care	1	Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
9 Health resource use (follow-up) [No. of users]	1	Risk Ratio (M-H, Random, 95% CI)	Totals not selected
9.1 Primary care	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
9.2 Other doctor	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
9.3 Healthcare professional	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
9.4 Inpatient	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
9.5 Accident and emergency	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
9.6 Medication	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
9.7 Complementary health care	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
9.8 Other health/social services	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
9.9 Standardised medical care	1	Risk Ratio (M-H, Random, 95% CI)	0.0 [0.0, 0.0]
10 Drop-out	1	Risk Ratio (M-H, Random, 95% CI)	Totals not selected

Comparison 4. Exercise therapy + antidepressant placebo versus antidepressant + exercise placebo

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Fatigue	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
1.1 Fatigue Scale, FS (14 items/0 to 42 points)-end of treatment	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
2 Depression	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
2.1 HADS, depression score (7 items/21 points)-end of treatment	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
3 Drop-out	1		Risk Ratio (M-H, Random, 95% CI)	Totals not selected

Comparison 5. Exercise therapy + antidepressant versus antidepressant + exercise placebo

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Fatigue	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
1.1 Fatigue Scale, FS (14 items/0 to 42 points)-end of treatment	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
2 Depression	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
2.1 HADS, depression score (7 items/21 points)-end of treatment	1		Mean Difference (IV, Random, 95% CI)	0.0 [0.0, 0.0]
3 Drop-out	1		Risk Ratio (M-H, Random, 95% CI)	Totals not selected

Analysis 1.1. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 1 Fatigue (end of treatment).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 1 Fatigue (end of treatment)

Study or subgroup	Exercise therapy N	Mean(SD)	TAU or relax+flex N	Mean(SD)	Mean Difference IV,Random,95% CI	Weight	Mean Difference IV,Random,95% CI
1 Fatigue Scale, FS (11 items/0 to 11 points)							
Powell 2001	114	4.34 (4.48)	34	10.4 (1.04)		100.0 %	-6.06 [-6.95, -5.17]
Subtotal (95% CI)	**114**		**34**			**100.0 %**	**-6.06 [-6.95, -5.17]**
Heterogeneity: not applicable							
Test for overall effect: Z = 13.29 (P < 0.00001)							
2 Fatigue Scale, FS (11 items/0 to 33 points)							
Wallman 2004	32	11.06 (7.65)	29	15.34 (8.15)		9.9 %	-4.28 [-8.26, -0.30]
Wearden 2010	85	22.78 (8.56)	92	26.27 (7.68)		27.2 %	-3.49 [-5.89, -1.09]
White 2011	150	21.7 (7.1)	152	24 (6.9)		62.9 %	-2.30 [-3.88, -0.72]
Subtotal (95% CI)	**267**		**273**			**100.0 %**	**-2.82 [-4.07, -1.57]**
Heterogeneity: Tau^2 = 0.0; Chi^2 = 1.23, df = 2 (P = 0.54); I^2 =0.0%							
Test for overall effect: Z = 4.41 (P = 0.000010)							
3 Fatigue Scale, FS (14 items/0 to 42 points)							
Fulcher 1997	27	20.96 (9.08)	30	27.5 (7.44)		46.5 %	-6.54 [-10.88, -2.20]
Moss-Morris 2005	22	13.91 (10.88)	21	24.41 (9.69)		27.1 %	-10.50 [-16.65, -4.35]

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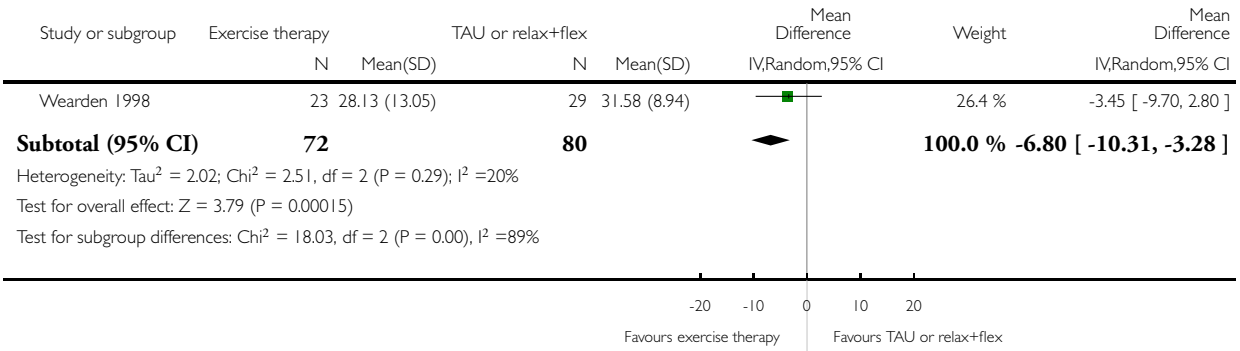
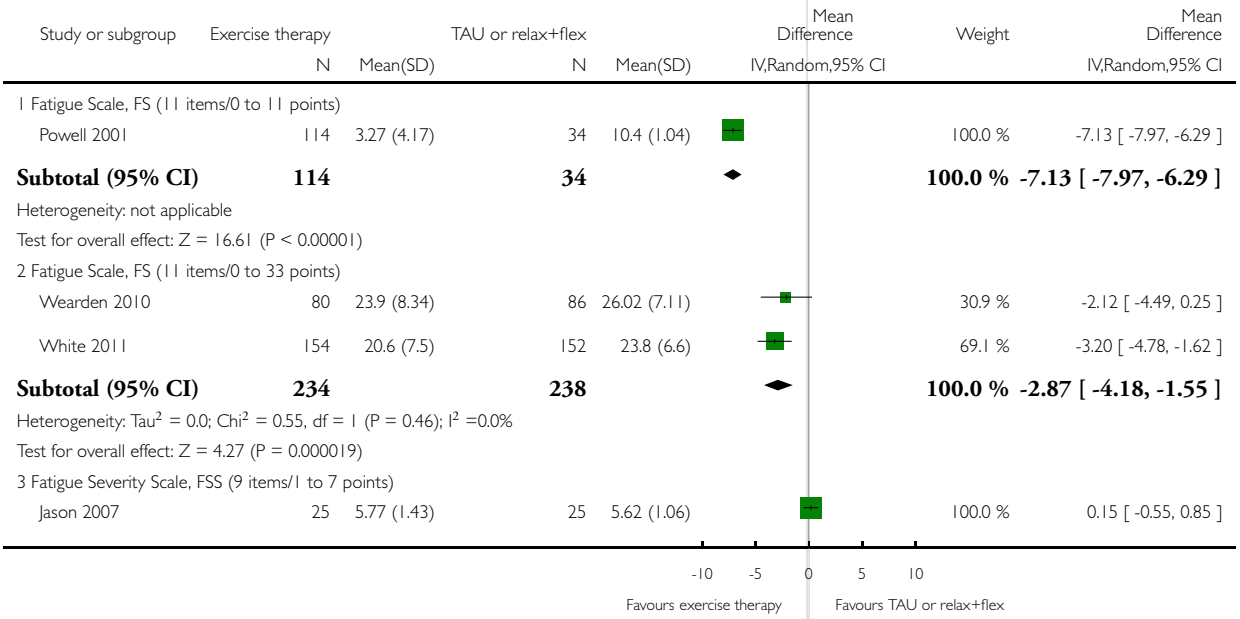


Analysis 1.2. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 2 Fatigue (follow-up).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 2 Fatigue (follow-up)



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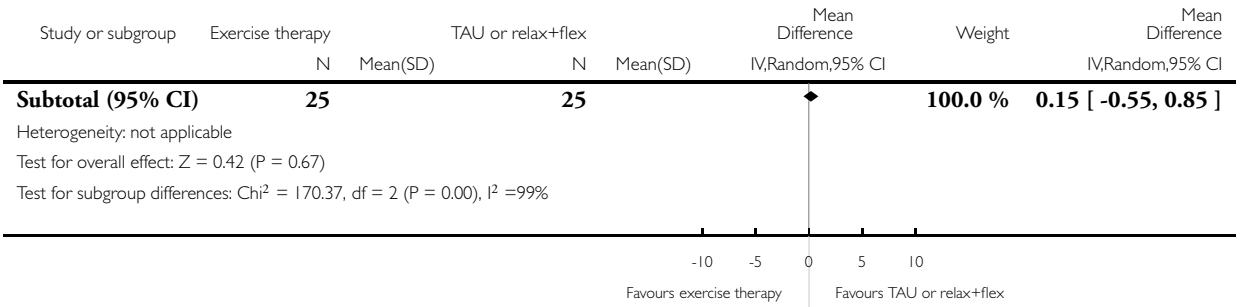
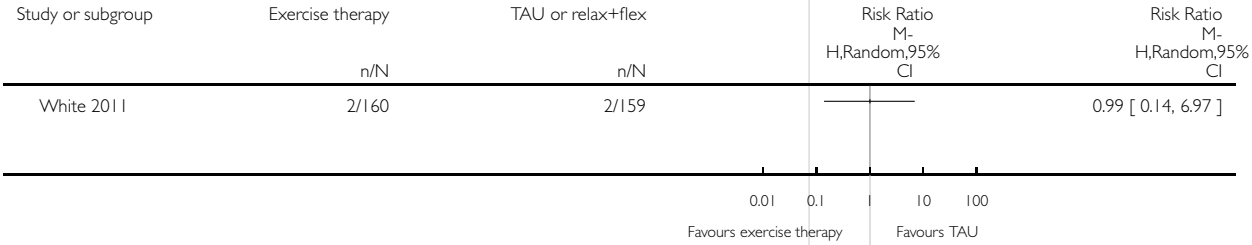


Analysis 1.3. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 3 Participants with serious adverse reactions.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 3 Participants with serious adverse reactions



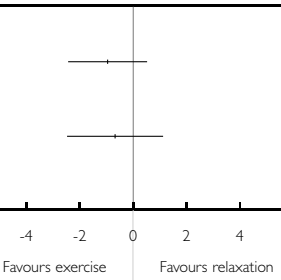
Analysis 1.4. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 4 Pain (follow-up).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 4 Pain (follow-up)

Study or subgroup	Exercise therapy		TAU or relax+flexibility		Mean Difference	Mean Difference
	N	Mean(SD)	N	Mean(SD)	IV,Random,95% CI	IV,Random,95% CI
1 Brief Pain Inventory, pain severity subscale (0 to 10 points)						
Jason 2007	20	3.63 (2.72)	23	4.6 (2.1)		-0.97 [-2.44, 0.50]
2 Brief Pain Inventory, pain interference subscale (0 to 10 points)						
Jason 2007	20	3.75 (3.14)	23	4.44 (2.79)		-0.69 [-2.48, 1.10]

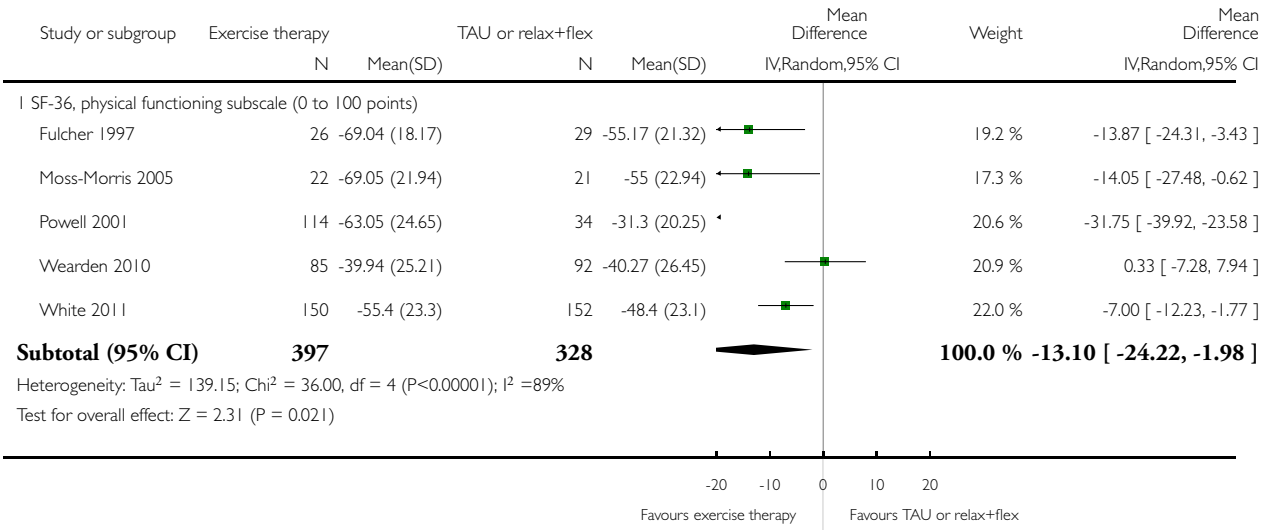


Analysis 1.5. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 5 Physical functioning (end of treatment).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 5 Physical functioning (end of treatment)

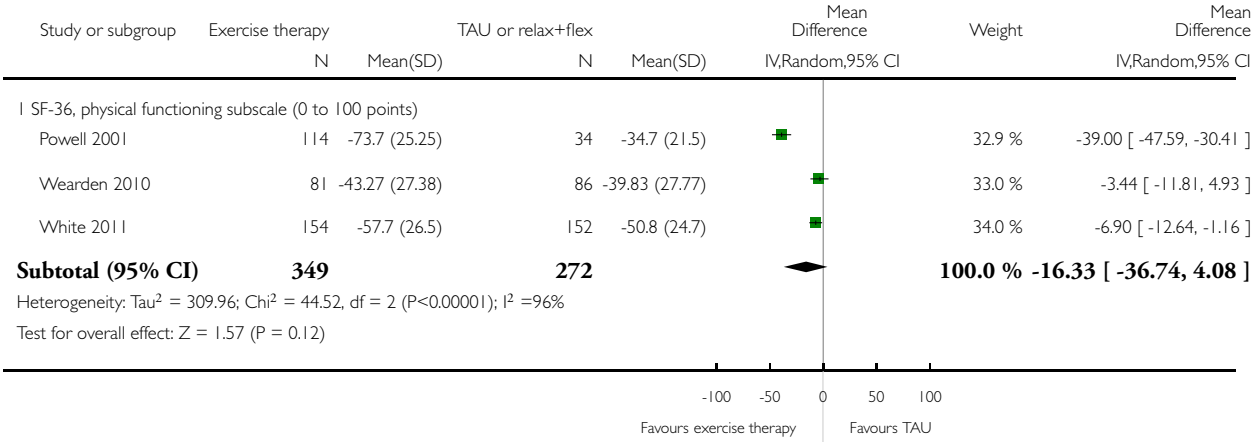


Analysis 1.6. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 6 Physical functioning (follow-up).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 6 Physical functioning (follow-up)

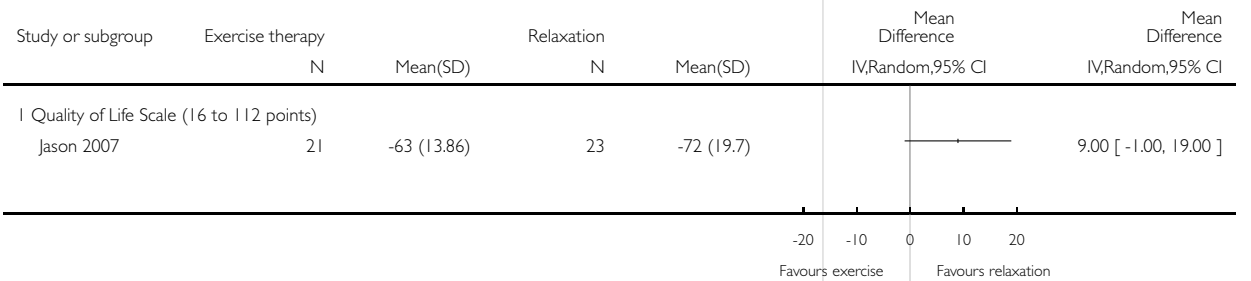


Analysis 1.7. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 7 Quality of life (follow-up).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 7 Quality of life (follow-up)



Analysis 1.8. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 8 Depression (end of treatment).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 8 Depression (end of treatment)

Study or subgroup	Exercise therapy N	Mean(SD)	TAU or relax+flexibility N	Mean(SD)	Mean Difference IV,Random,95% CI	Weight	Mean Difference IV,Random,95% CI
1 HADS, depression score (7 items/21 points)							
Fulcher 1997	27	5.07 (3.16)	31	5.16 (3.49)		19.9 %	-0.09 [-1.80, 1.62]
Powell 2001	114	5.92 (3.81)	35	11.21 (4.73)		19.9 %	-5.29 [-7.01, -3.57]
Wallman 2004	32	4.81 (3.23)	29	6.83 (3.57)		19.9 %	-2.02 [-3.73, -0.31]
Wearden 1998	28	7.89 (3.61)	31	7.38 (4.16)		18.8 %	0.51 [-1.47, 2.49]
Wearden 2010	85	7.28 (4.02)	92	8.48 (4.47)		21.6 %	-1.20 [-2.45, 0.05]
Subtotal (95% CI)	**286**		**218**			**100.0 %**	**-1.63 [-3.50, 0.23]**

Heterogeneity: $Tau^2 = 3.80$; $Chi^2 = 25.71$, df = 4 (P = 0.00004); $I^2 = 84\%$

Test for overall effect: Z = 1.71 (P = 0.087)

Analysis 1.9. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 9 Depression (follow-up).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 9 Depression (follow-up)

Study or subgroup	Exercise therapy		TAU or re-lax+flexibility		Mean Difference	Weight	Mean Difference
	N	Mean(SD)	N	Mean(SD)	IV,Random,95% CI		IV,Random,95% CI
1 Beck Depression Inventory (0 to 63 points)							
Jason 2007	21	16.94 (11.82)	24	13.5 (9.97)		100.0 %	3.44 [-3.00, 9.88]
Subtotal (95% CI)	**21**		**24**			**100.0 %**	**3.44 [-3.00, 9.88]**
Heterogeneity: not applicable							
Test for overall effect: Z = 1.05 (P = 0.30)							
2 HADS, depression subscale (0 to 21 points)							
Powell 2001	114	4.35 (3.96)	34	10.06 (4.77)		31.9 %	-5.71 [-7.47, -3.95]
Wearden 2010	81	7.88 (4.45)	85	8.06 (4.75)		33.4 %	-0.18 [-1.58, 1.22]
White 2011	144	6.1 (4.1)	151	7.2 (4.7)		34.8 %	-1.10 [-2.11, -0.09]
Subtotal (95% CI)	**339**		**270**			**100.0 %**	**-2.26 [-5.09, 0.56]**
Heterogeneity: Tau^2 = 5.71; Chi^2 = 25.82, df = 2 (P<0.00001); I^2 =92%							
Test for overall effect: Z = 1.57 (P = 0.12)							

Analysis 1.10. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 10 Anxiety (end of treatment).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 10 Anxiety (end of treatment)

Study or subgroup	Exercise therapy N	Mean(SD)	TAU or relax+flex N	Mean(SD)	Mean Difference IV,Random,95% CI	Weight	Mean Difference IV,Random,95% CI
1 HADS, anxiety score (0 to 21 points)							
Powell 2001	114	8.49 (4.51)	35	11.44 (4.84)		32.1 %	-2.95 [-4.75, -1.15]
Wallman 2004 (1)	32	5.7 (3.61)	29	7.8 (3.42)		32.5 %	-2.10 [-3.86, -0.34]
Wearden 2010 (2)	85	9.04 (4.51)	92	8.63 (5.06)		35.4 %	0.41 [-1.00, 1.82]
Subtotal (95% CI)	**231**		**156**			**100.0 %**	**-1.48 [-3.58, 0.61]**

Heterogeneity: $Tau^2 = 2.71$; $Chi^2 = 9.62$, df = 2 (P = 0.01); $I^2 = 79\%$

Test for overall effect: Z = 1.39 (P = 0.16)

Test for subgroup differences: Not applicable

(1) Baseline uncorrected difference in favour of ET (7.3 vs 8.7)

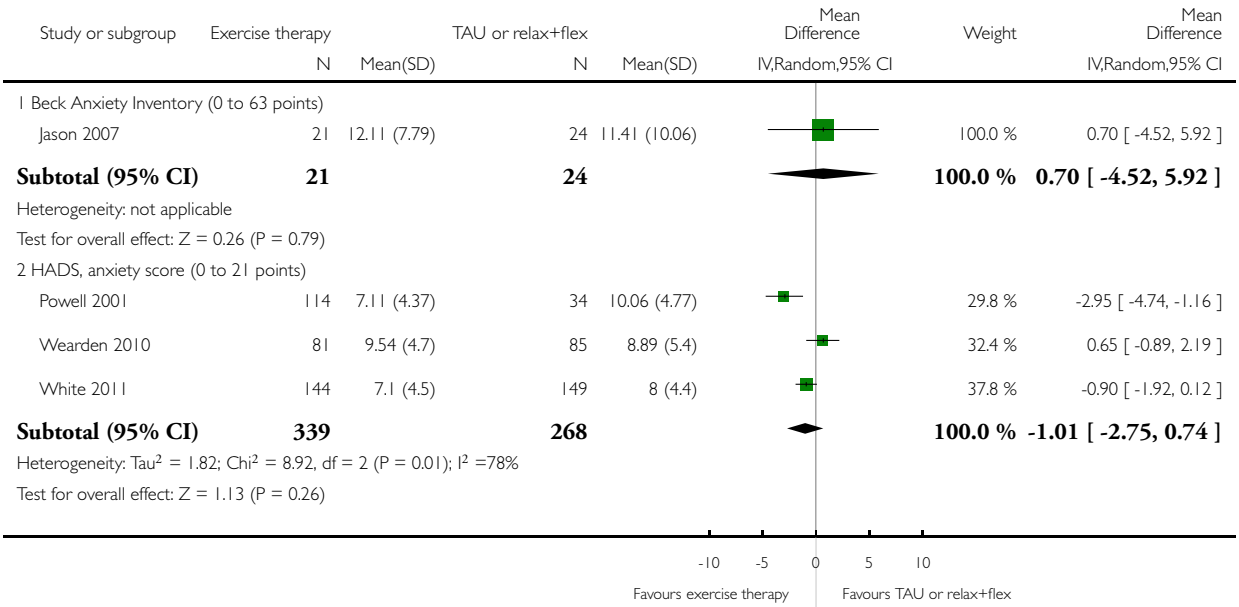
(2) Baseline uncorrected difference in favour of control (11.0 vs 9.7 points)

Analysis 1.11. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 11 Anxiety (follow-up).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 11 Anxiety (follow-up)

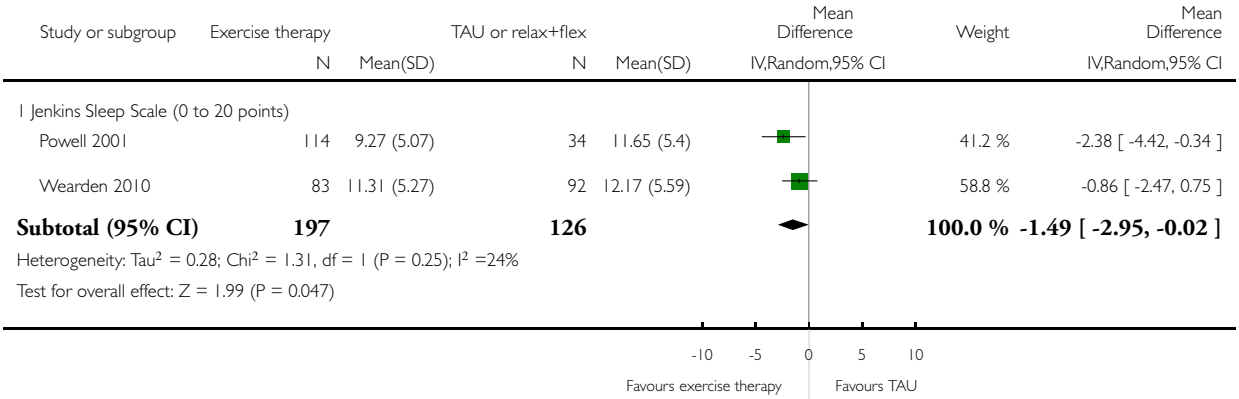


Analysis 1.12. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 12 Sleep (end of treatment).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 12 Sleep (end of treatment)

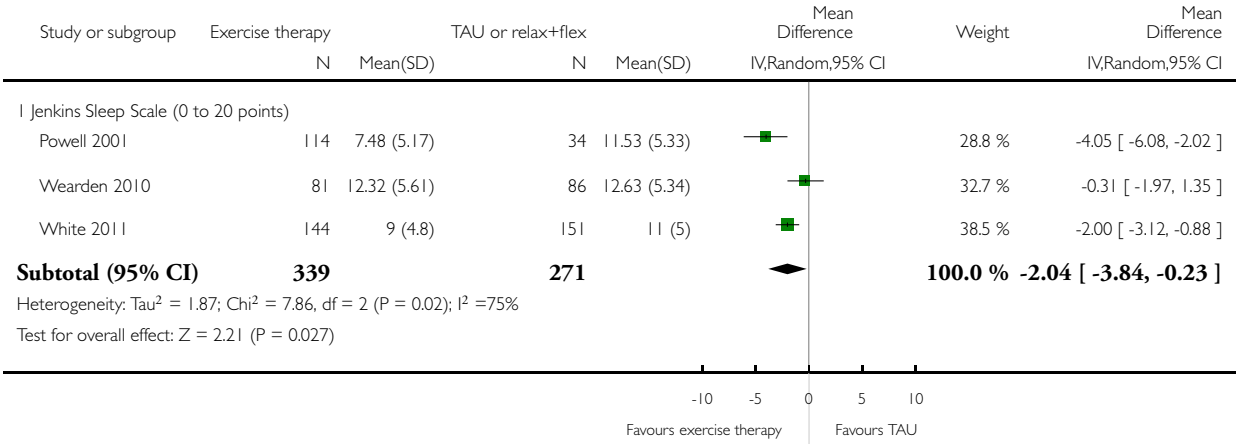


Analysis 1.13. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 13 Sleep (follow-up).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 13 Sleep (follow-up)



Analysis 1.14. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 14 Self-perceived changes in overall health (end of treatment).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 14 Self-perceived changes in overall health (end of treatment)

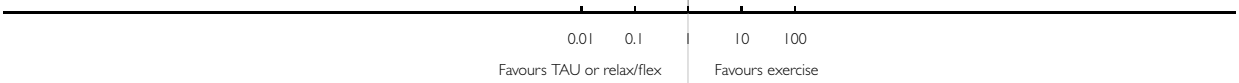
Study or subgroup	Experimental n/N	Control n/N	Risk Ratio M-H,Random,95% CI	Weight	Risk Ratio M-H,Random,95% CI
Fulcher 1997	16/29	8/30		16.2 %	2.07 [1.05, 4.08]
Moss-Morris 2005	12/25	5/24		9.6 %	2.30 [0.96, 5.56]
Wallman 2004	19/32	12/29		27.6 %	1.43 [0.85, 2.41]
White 2011	54/160	28/160		46.5 %	1.93 [1.29, 2.88]
Total (95% CI)	**246**	**243**		**100.0 %**	**1.83 [1.39, 2.40]**

Total events: 101 (Experimental), 53 (Control)

Heterogeneity: $Tau^2 = 0.0$; $Chi^2 = 1.32$, df = 3 (P = 0.72); $I^2 = 0.0\%$

Test for overall effect: Z = 4.33 (P = 0.000015)

Test for subgroup differences: Not applicable



Analysis 1.15. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 15 Self-perceived changes in overall health (follow-up).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 15 Self-perceived changes in overall health (follow-up)

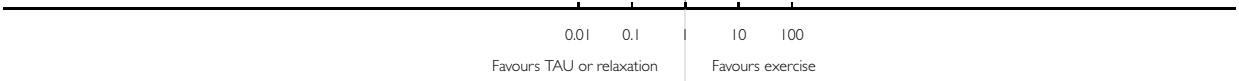
Study or subgroup	Experimental n/N	Control n/N	Risk Ratio M-H,Random,95% CI	Weight	Risk Ratio M-H,Random,95% CI
Jason 2007	10/25	12/25		33.7 %	0.83 [0.44, 1.56]
Powell 2001	80/114	4/34		28.3 %	5.96 [2.36, 15.09]
White 2011	62/160	38/160		38.1 %	1.63 [1.16, 2.29]
Total (95% CI)	**299**	**219**		**100.0 %**	**1.88 [0.76, 4.64]**

Total events: 152 (Experimental), 54 (Control)

Heterogeneity: $Tau^2 = 0.53$; $Chi^2 = 13.50$, df = 2 (P = 0.001); $I^2 = 85\%$

Test for overall effect: Z = 1.36 (P = 0.17)

Test for subgroup differences: Not applicable



Analysis 1.16. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 16 Health resource use (follow-up) [Mean no. of contacts].

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 16 Health resource use (follow-up) [Mean no. of contacts]

Study or subgroup	Exercise therapy N	Mean(SD)	TAU N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 Primary care						
White 2011	160	6.3 (3.9)	160	7 (4.5)		-0.70 [-1.62, 0.22]
2 Other doctor						
White 2011	160	3.1 (2.9)	160	3.2 (5.6)		-0.10 [-1.08, 0.88]
3 Healthcare professional						
White 2011	160	5.6 (8.3)	160	4.7 (4.7)		0.90 [-0.58, 2.38]
4 Inpatient						
White 2011	160	2.2 (2.4)	160	2.2 (2.3)		0.0 [-0.52, 0.52]
5 Accident and emergency						
White 2011	160	1.6 (1.2)	160	1.8 (1.2)		-0.20 [-0.46, 0.06]
6 Other health/social services						
White 2011	160	7.3 (8.1)	160	7.6 (10.2)		-0.30 [-2.32, 1.72]
7 Complementary health care						
White 2011	160	12.3 (12)	160	10.2 (11.1)		2.10 [-0.43, 4.63]
8 Standardised medical care						
White 2011	160	3.6 (1.4)	160	5 (2.7)		-1.40 [-1.87, -0.93]

Analysis 1.17. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 17 Health resource use (follow-up) [No. of users].

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 17 Health resource use (follow-up) [No. of users]

Study or subgroup	Exercise therapy n/N	TAU n/N	Risk Ratio M-H,Random,95% CI	Risk Ratio M-H,Random,95% CI
1 Primary care				
White 2011	134/140	139/148		1.02 [0.97, 1.08]
2 Other doctor				
White 2011	65/140	67/148		1.03 [0.80, 1.32]
3 Healthcare professional				
White 2011	115/140	118/148		1.03 [0.92, 1.15]
4 Inpatient				
White 2011	21/140	18/148		1.23 [0.69, 2.22]
5 Accident and emergency				
White 2011	14/140	19/148		0.78 [0.41, 1.49]
6 Medication				
White 2011	108/140	124/148		0.92 [0.82, 1.03]
7 Complementary health care				
White 2011	39/140	47/148		0.88 [0.61, 1.25]
8 Other health/social services				
White 2011	106/140	105/148		1.07 [0.93, 1.23]
9 Standardised medical care				
White 2011	138/140	148/148		0.99 [0.96, 1.01]

Analysis 1.18. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 18 Drop-out.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 18 Drop-out

Study or subgroup	Exercise therapy n/N	TAU or relax+flex n/N	Risk Ratio M-H,Random,95% CI	Weight	Risk Ratio M-H,Random,95% CI
Fulcher 1997	4/33	3/33		15.6 %	1.33 [0.32, 5.50]
Moss-Morris 2005	3/25	3/24		14.6 %	0.96 [0.21, 4.30]
Powell 2001	19/114	2/34		15.7 %	2.83 [0.69, 11.56]
Wearden 1998	11/34	5/34		22.7 %	2.20 [0.86, 5.66]
Wearden 2010	12/92	0/100		5.9 %	27.15 [1.63, 452.16]
White 2011	10/160	14/160		25.6 %	0.71 [0.33, 1.56]
Total (95% CI)	**458**	**385**		**100.0 %**	**1.63 [0.77, 3.43]**

Total events: 59 (Exercise therapy), 27 (TAU or relax+flex)

Heterogeneity: $Tau^2 = 0.41$; $Chi^2 = 10.07$, df = 5 (P = 0.07); $I^2 = 50\%$

Test for overall effect: Z = 1.29 (P = 0.20)

Test for subgroup differences: Not applicable

Analysis 1.19. Comparison 1 Exercise therapy versus treatment as usual, relaxation or flexibility, Outcome 19 Subgroup analysis for fatigue.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 1 Exercise therapy versus treatment as usual, relaxation or flexibility

Outcome: 19 Subgroup analysis for fatigue

Study or subgroup	Exercise therapy N	Mean(SD)	TAU or relax+flex N	Mean(SD)	Std. Mean Difference IV,Random,95% CI	Weight	Std. Mean Difference IV,Random,95% CI
1 Graded exercise therapy							
Fulcher 1997	27	20.96 (9.08)	30	27.5 (7.44)		12.9 %	-0.78 [-1.32, -0.24]
Moss-Morris 2005	22	13.91 (10.88)	21	24.41 (9.69)		11.4 %	-1.00 [-1.64, -0.36]
Powell 2001	114	4.34 (4.48)	34	10.4 (1.04)		14.9 %	-1.52 [-1.94, -1.10]
Wearden 1998	23	28.13 (13.05)	29	31.58 (8.94)		12.8 %	-0.31 [-0.86, 0.24]
Wearden 2010	85	22.78 (8.56)	92	26.27 (7.68)		16.8 %	-0.43 [-0.73, -0.13]
White 2011	150	21.7 (7.1)	152	24 (6.9)		17.8 %	-0.33 [-0.55, -0.10]
Subtotal (95% CI)	**421**		**358**			**86.6 %**	**-0.71 [-1.09, -0.32]**
Heterogeneity: $Tau^2 = 0.18$; $Chi^2 = 27.87$, df = 5 (P = 0.00004); $I^2 = 82\%$							
Test for overall effect: Z = 3.60 (P = 0.00032)							
2 Exercise with self-pacing							
Wallman 2004	32	11.06 (7.65)	29	15.34 (8.15)		13.4 %	-0.54 [-1.05, -0.02]
Subtotal (95% CI)	**32**		**29**			**13.4 %**	**-0.54 [-1.05, -0.02]**
Heterogeneity: not applicable							
Test for overall effect: Z = 2.05 (P = 0.040)							
Total (95% CI)	**453**		**387**			**100.0 %**	**-0.68 [-1.02, -0.35]**
Heterogeneity: $Tau^2 = 0.15$; $Chi^2 = 27.88$, df = 6 (P = 0.00010); $I^2 = 78\%$							
Test for overall effect: Z = 3.98 (P = 0.000069)							
Test for subgroup differences: $Chi^2 = 0.28$, df = 1 (P = 0.60), $I^2 = 0.0\%$							

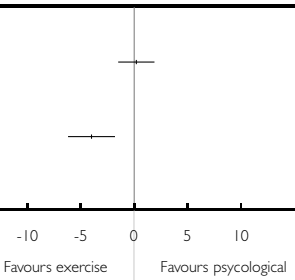
Analysis 2.1. Comparison 2 Exercise therapy versus psychological treatment, Outcome 1 Fatigue at end of treatment (FS; 11 items/0 to 33 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 1 Fatigue at end of treatment (FS; 11 items/0 to 33 points)

Study or subgroup	Exercise Therapy N	Mean(SD)	Psychological treatment N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 CBT						
White 2011	150	21.7 (7.1)	148	21.5 (7.8)		0.20 [-1.49, 1.89]
2 Supportive listening						
Wearden 2010	85	22.78 (8.56)	97	26.81 (6.29)		-4.03 [-6.24, -1.82]



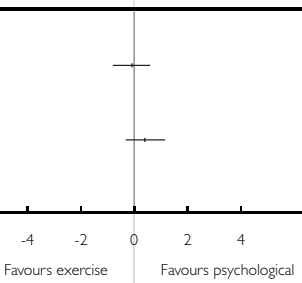
Analysis 2.2. Comparison 2 Exercise therapy versus psychological treatment, Outcome 2 Fatigue at follow-up (FSS; 1 to 7 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 2 Fatigue at follow-up (FSS; 1 to 7 points)

Study or subgroup	Exercise Therapy N	Mean(SD)	Psychological Treatment N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 CT						
Jason 2007	25	5.77 (1.43)	24	5.87 (1.01)		-0.10 [-0.79, 0.59]
2 CBT						
Jason 2007	25	5.77 (1.43)	24	5.37 (1.19)		0.40 [-0.34, 1.14]



Analysis 2.3. Comparison 2 Exercise therapy versus psychological treatment, Outcome 3 Fatigue at follow-up (FS; 11 items/0 to 33 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 3 Fatigue at follow-up (FS; 11 items/0 to 33 points)

Study or subgroup	Exercise Therapy N	Mean(SD)	Psychological Treatment N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 CBT						
White 2011	154	20.6 (7.5)	148	20.3 (8)		0.30 [-1.45, 2.05]
2 Supportive listening						
Wearden 2010	80	23.9 (8.34)	90	26.62 (7.71)		-2.72 [-5.14, -0.30]

Analysis 2.4. Comparison 2 Exercise therapy versus psychological treatment, Outcome 4 Participants with serious adverse reactions.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 4 Participants with serious adverse reactions

Study or subgroup	Exercise Therapy n/N	Psychological Treatment n/N	Risk Ratio M-H,Random,95% CI	Risk Ratio M-H,Random,95% CI
1 CBT				
White 2011	2/160	3/161		0.67 [0.11, 3.96]
2 Suportive listening				
Wearden 2010	0/85	0/97		Not estimable

Analysis 2.5. Comparison 2 Exercise therapy versus psychological treatment, Outcome 5 Pain at follow-up (BPI, pain severity subscale; 0 to 10 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 5 Pain at follow-up (BPI, pain severity subscale; 0 to 10 points)

Study or subgroup	Exercise therapy N	Mean(SD)	Psychological Treatment N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 CBT						
Jason 2007	20	3.63 (2.72)	23	3.56 (2.57)		0.07 [-1.52, 1.66]
2 CT						
Jason 2007	20	3.63 (2.72)	24	3.12 (1.96)		0.51 [-0.92, 1.94]

Analysis 2.6. Comparison 2 Exercise therapy versus psychological treatment, Outcome 6 Pain at follow-up (BPI, pain interference subscale; 0 to 10 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 6 Pain at follow-up (BPI, pain interference subscale; 0 to 10 points)

Study or subgroup	Exercise therapy N	Mean(SD)	Psychological Treatment N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 CBT						
Jason 2007	20	3.75 (3.14)	23	4.1 (3.36)		-0.35 [-2.29, 1.59]
2 CT						
Jason 2007	20	3.75 (3.14)	24	3.36 (2.74)		0.39 [-1.37, 2.15]

Analysis 2.7. Comparison 2 Exercise therapy versus psychological treatment, Outcome 7 Physical functioning at end of treatment (SF-36, physical functioning subscale; 0 to 100 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 7 Physical functioning at end of treatment (SF-36, physical functioning subscale; 0 to 100 points)

Study or subgroup	Exercise Therapy N	Mean(SD)	Psychological Treatment N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 CBT						
White 2011	150	-55.4 (23.3)	148	-54.2 (21.6)		-1.20 [-6.30, 3.90]
2 Supportive listening						
Wearden 2010	85	-39.94 (25.21)	96	-33.28 (22.94)		-6.66 [-13.72, 0.40]

Analysis 2.8. Comparison 2 Exercise therapy versus psychological treatment, Outcome 8 Physical functioning at follow-up (SF-36, physical functioning subscale; 0 to 100 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 8 Physical functioning at follow-up (SF-36, physical functioning subscale; 0 to 100 points)

Study or subgroup	Exercise Therapy		Psychological Treatment		Mean Difference	Weight	Mean Difference
	N	Mean(SD)	N	Mean(SD)	IV,Random,95% CI		IV,Random,95% CI
1 CBT							
Jason 2007	23	-39.72 (27.63)	23	-58.64 (30.44)		40.3 %	18.92 [2.12, 35.72]
White 2011	154	-57.7 (26.5)	148	-58.2 (21.1)		59.7 %	0.50 [-4.89, 5.89]
Subtotal (95% CI)	**177**		**171**			**100.0 %**	**7.92 [-9.79, 25.63]**
Heterogeneity: $Tau^2 = 129.12$; $Chi^2 = 4.19$, df = 1 (P = 0.04); $I^2 = 76\%$							
Test for overall effect: Z = 0.88 (P = 0.38)							
2 CT							
Jason 2007	23	-39.72 (27.63)	24	-61.09 (23.74)		100.0 %	21.37 [6.61, 36.13]
Subtotal (95% CI)	**23**		**24**			**100.0 %**	**21.37 [6.61, 36.13]**
Heterogeneity: not applicable							
Test for overall effect: Z = 2.84 (P = 0.0045)							
3 Supportive listening							
Wearden 2010	81	-43.27 (27.38)	90	-35.72 (25.94)		100.0 %	-7.55 [-15.57, 0.47]
Subtotal (95% CI)	**81**		**90**			**100.0 %**	**-7.55 [-15.57, 0.47]**
Heterogeneity: not applicable							
Test for overall effect: Z = 1.85 (P = 0.065)							

Analysis 2.9. Comparison 2 Exercise therapy versus psychological treatment, Outcome 9 Depression at end of treatment (HADS depression score; 7 items/21 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 9 Depression at end of treatment (HADS depression score; 7 items/21 points)

Study or subgroup	Exercise therapy		Psychological Treatment		Mean Difference	Mean Difference
	N	Mean(SD)	N	Mean(SD)	IV,Random,95% CI	IV,Random,95% CI
1 Supportive listening						
Wearden 2010	85	7.28 (4.02)	97	8.85 (4.01)		-1.57 [-2.74, -0.40]

Analysis 2.10. Comparison 2 Exercise therapy versus psychological treatment, Outcome 10 Depression at follow-up (BDI; 0 to 63 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 10 Depression at follow-up (BDI; 0 to 63 points)

Study or subgroup	Exercise Therapy		Psychological Treatment		Mean Difference	Mean Difference
	N	Mean(SD)	N	Mean(SD)	IV,Random,95% CI	IV,Random,95% CI
1 CT						
Jason 2007	21	16.94 (11.82)	24	11.86 (7.36)		5.08 [-0.77, 10.93]
2 CBT						
Jason 2007	21	16.94 (11.82)	23	13.95 (13.08)		2.99 [-4.37, 10.35]

Analysis 2.11. Comparison 2 Exercise therapy versus psychological treatment, Outcome 11 Depression at follow-up (HADS depression score; 7 items/21 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 11 Depression at follow-up (HADS depression score; 7 items/21 points)

Study or subgroup	Exercise Therapy N	Mean(SD)	Psychological Treatment N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 CBT						
White 2011	144	6.1 (4.1)	143	6.2 (3.7)		-0.10 [-1.00, 0.80]
2 Supportive listening						
Wearden 2010	81	7.88 (4.45)	90	8.67 (4.51)		-0.79 [-2.13, 0.55]

Analysis 2.12. Comparison 2 Exercise therapy versus psychological treatment, Outcome 12 Anxiety at end of treatment (HADS anxiety; 7 items/21 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 12 Anxiety at end of treatment (HADS anxiety; 7 items/21 points)

Study or subgroup	Exercise Therapy N	Mean(SD)	Psychological Treatment N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 Supportive listening						
Wearden 2010	85	9.04 (4.51)	97	9.52 (4.93)		-0.48 [-1.85, 0.89]

Analysis 2.13. Comparison 2 Exercise therapy versus psychological treatment, Outcome 13 Anxiety at follow-up (BAI; 0 to 63 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 13 Anxiety at follow-up (BAI; 0 to 63 points)

Study or subgroup	Exercise Therapy N	Mean(SD)	Psychological Treatment N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 CT						
Jason 2007	21	12.11 (7.79)	24	8.96 (6.87)		3.15 [-1.17, 7.47]
2 CBT						
Jason 2007	21	12.11 (7.79)	23	11.45 (10.22)		0.66 [-4.68, 6.00]

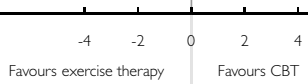
Analysis 2.14. Comparison 2 Exercise therapy versus psychological treatment, Outcome 14 Anxiety at follow-up (HADS anxiety; 7 items/21 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 14 Anxiety at follow-up (HADS anxiety; 7 items/21 points)

Study or subgroup	Exercise Therapy N	Mean(SD)	Psychological Treatment N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 CBT						
White 2011	144	7.1 (4.5)	143	6.8 (4.2)		0.30 [-0.71, 1.31]
2 Supportive listening						
Wearden 2010	81	9.54 (4.7)	90	9.62 (4.87)		-0.08 [-1.52, 1.36]



Analysis 2.15. Comparison 2 Exercise therapy versus psychological treatment, Outcome 15 Sleep at end of treatment (Jenkins Sleep Scale; 0 to 20 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 15 Sleep at end of treatment (Jenkins Sleep Scale; 0 to 20 points)

Study or subgroup	Exercise Therapy N	Mean(SD)	Psychological Treatment N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 Supportive listening						
Wearden 2010	83	11.31 (5.27)	97	13.77 (5.29)		-2.46 [-4.01, -0.91]

Analysis 2.16. Comparison 2 Exercise therapy versus psychological treatment, Outcome 16 Sleep at follow-up (Jenkins Sleep Scale; 0 to 20 points).

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 16 Sleep at follow-up (Jenkins Sleep Scale; 0 to 20 points)

Study or subgroup	Exercise Therapy N	Mean(SD)	Psychological Treatment N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 CBT						
White 2011	144	9 (4.8)	143	9.9 (5.3)		-0.90 [-2.07, 0.27]
2 Supportive listening						
Wearden 2010	81	12.32 (5.61)	90	13.18 (5.71)		-0.86 [-2.56, 0.84]

Analysis 2.17. Comparison 2 Exercise therapy versus psychological treatment, Outcome 17 Self-perceived changes in overall health at end of treatment.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 17 Self-perceived changes in overall health at end of treatment

Study or subgroup	Exercise Therapy n/N	Psychological Treatment n/N	Risk Ratio M-H,Random,95% CI	Risk Ratio M-H,Random,95% CI
1 CBT				
White 2011	54/160	56/160		0.96 [0.71, 1.31]

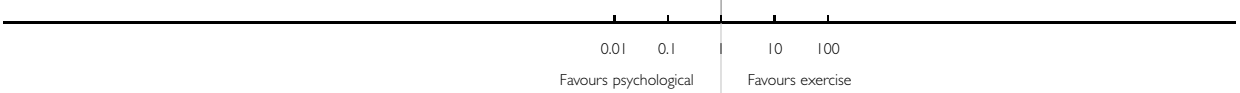
Analysis 2.18. Comparison 2 Exercise therapy versus psychological treatment, Outcome 18 Self-perceived changes in overall health at follow-up.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 18 Self-perceived changes in overall health at follow-up

Study or subgroup	Exercise Therapy n/N	Psychological Treatment n/N	Risk Ratio M-H,Random,95% CI	Weight	Risk Ratio M-H,Random,95% CI
1 CT					
Jason 2007	10/25	16/25		100.0 %	0.63 [0.36, 1.10]
Subtotal (95% CI)	**25**	**25**		**100.0 %**	**0.63 [0.36, 1.10]**
Total events: 10 (Exercise Therapy), 16 (Psychological Treatment)					
Heterogeneity: not applicable					
Test for overall effect: Z = 1.64 (P = 0.10)					
2 CBT					
Jason 2007	10/25	19/22		46.3 %	0.46 [0.28, 0.77]
White 2011	62/160	61/161		53.7 %	1.02 [0.77, 1.35]
Subtotal (95% CI)	**185**	**183**		**100.0 %**	**0.71 [0.33, 1.54]**
Total events: 72 (Exercise Therapy), 80 (Psychological Treatment)					
Heterogeneity: Tau^2 = 0.27; Chi^2 = 7.27, df = 1 (P = 0.01); I^2 =86%					
Test for overall effect: Z = 0.87 (P = 0.39)					



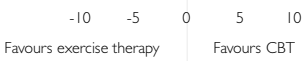
Analysis 2.19. Comparison 2 Exercise therapy versus psychological treatment, Outcome 19 Health resource use (follow-up) [Mean no. of contacts].

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 19 Health resource use (follow-up) [Mean no. of contacts]

Study or subgroup	Exercise therapy N	Mean(SD)	CBT N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 Primary care						
White 2011	160	6.3 (3.9)	161	6.6 (5.6)		-0.30 [-1.36, 0.76]
2 Other doctor						
White 2011	160	3.1 (2.9)	161	2.5 (2)		0.60 [0.05, 1.15]
3 Healthcare professional						
White 2011	160	5.6 (8.3)	161	4.4 (5.9)		1.20 [-0.38, 2.78]
4 Inpatient						
White 2011	160	2.2 (2.4)	161	1.4 (0.7)		0.80 [0.41, 1.19]
5 Accident and emergency						
White 2011	160	1.6 (1.2)	161	1.4 (0.7)		0.20 [-0.02, 0.42]
6 Other health/social services						
White 2011	160	7.3 (8.1)	161	6.3 (9.2)		1.00 [-0.90, 2.90]
7 Complementary health care						
White 2011	160	12.3 (12)	161	10 (14.4)		2.30 [-0.60, 5.20]
8 Standardised medical care						
White 2011	160	3.6 (1.4)	161	3.7 (2.2)		-0.10 [-0.50, 0.30]



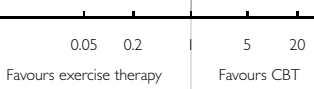
Analysis 2.20. Comparison 2 Exercise therapy versus psychological treatment, Outcome 20 Health resource use (follow-up) [No. of users].

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 20 Health resource use (follow-up) [No. of users]

Study or subgroup	Exercise therapy n/N	CBT n/N	Risk Ratio M-H,Random,95% CI	Risk Ratio M-H,Random,95% CI
1 Primary care				
White 2011	134/140	134/145		1.04 [0.98, 1.10]
2 Other doctor				
White 2011	65/140	71/145		0.95 [0.74, 1.21]
3 Healthcare professional				
White 2011	115/140	110/145		1.08 [0.96, 1.22]
4 Inpatient				
White 2011	21/140	16/145		1.36 [0.74, 2.50]
5 Accident and emergency				
White 2011	14/140	22/145		0.66 [0.35, 1.24]
6 Medication				
White 2011	108/140	117/145		0.96 [0.85, 1.08]
7 Complementary health care				
White 2011	39/140	32/145		1.26 [0.84, 1.89]
8 Other health/social services				
White 2011	106/140	110/145		1.00 [0.88, 1.14]
9 Standardised medical care				
White 2011	138/140	145/145		0.99 [0.96, 1.01]



Analysis 2.21. Comparison 2 Exercise therapy versus psychological treatment, Outcome 21 Drop-out.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 2 Exercise therapy versus psychological treatment

Outcome: 21 Drop-out

Study or subgroup	Exercise therapy n/N	Psychological Treatment n/N	Risk Ratio M-H,Random,95% CI	Risk Ratio M-H,Random,95% CI
1 CBT				
White 2011	10/160	17/161		0.59 [0.28, 1.25]
2 Supportive listening				
Wearden 2010	12/92	7/91		1.70 [0.70, 4.11]

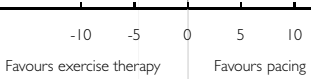
Analysis 3.1. Comparison 3 Exercise therapy versus adaptive pacing, Outcome 1 Fatigue.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 3 Exercise therapy versus adaptive pacing

Outcome: 1 Fatigue

Study or subgroup	Exercise Therapy N	Mean(SD)	Pacing N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 Fatigue Scale, FS (11 items/33 points)—end of treatment						
White 2011	150	21.7 (7.1)	155	23.7 (6.9)		-2.00 [-3.57, -0.43]
2 Fatigue Scale, FS (11 items/33 points)—follow-up						
White 2011	154	20.6 (7.5)	153	23.1 (7.3)		-2.50 [-4.16, -0.84]

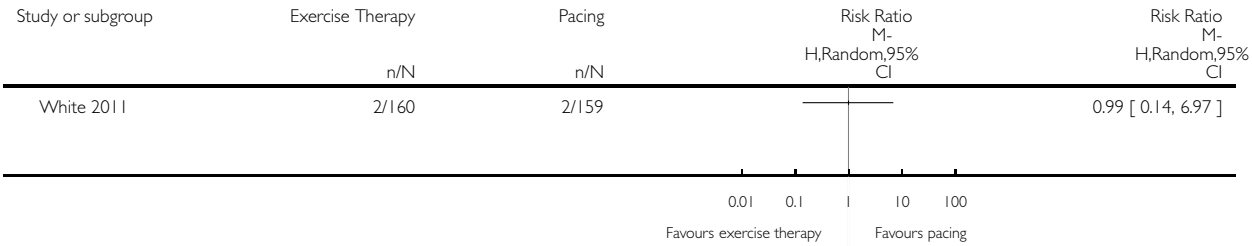


Analysis 3.2. Comparison 3 Exercise therapy versus adaptive pacing, Outcome 2 Participants with serious adverse reactions.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 3 Exercise therapy versus adaptive pacing

Outcome: 2 Participants with serious adverse reactions

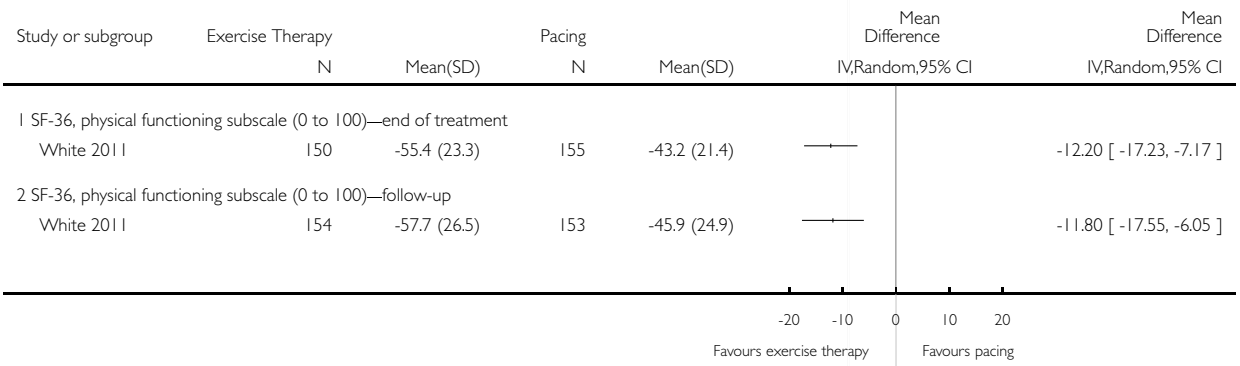


Analysis 3.3. Comparison 3 Exercise therapy versus adaptive pacing, Outcome 3 Physical functioning.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 3 Exercise therapy versus adaptive pacing

Outcome: 3 Physical functioning



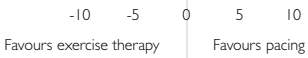
Analysis 3.4. Comparison 3 Exercise therapy versus adaptive pacing, Outcome 4 Depression.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 3 Exercise therapy versus adaptive pacing

Outcome: 4 Depression

Study or subgroup	Exercise Therapy N	Mean(SD)	Pacing N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 HADS, depression score (7 items/21 points)—follow-up						
White 2011	144	6.1 (4.1)	149	7.2 (4.5)		-1.10 [-2.09, -0.11]



Analysis 3.5. Comparison 3 Exercise therapy versus adaptive pacing, Outcome 5 Anxiety.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 3 Exercise therapy versus adaptive pacing

Outcome: 5 Anxiety

Study or subgroup	Exercise Therapy N	Mean(SD)	Pacing N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 HADS, anxiety score (0 to 21 points)—follow-up						
White 2011	144	7.1 (4.5)	149	7.5 (4.2)		-0.40 [-1.40, 0.60]

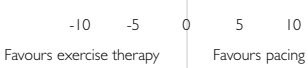
Analysis 3.6. Comparison 3 Exercise therapy versus adaptive pacing, Outcome 6 Sleep.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 3 Exercise therapy versus adaptive pacing

Outcome: 6 Sleep

Study or subgroup	Exercise Therapy N	Mean(SD)	Pacing N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 Jenkins Sleep Scale (0 to 20 points)—follow-up						
White 2011	144	9 (4.8)	150	10.6 (4.8)		-1.60 [-2.70, -0.50]



Analysis 3.7. Comparison 3 Exercise therapy versus adaptive pacing, Outcome 7 Self-perceived changes in overall health.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 3 Exercise therapy versus adaptive pacing

Outcome: 7 Self-perceived changes in overall health

Study or subgroup	Exercise therapy n/N	Pacing n/N	Risk Ratio M-H,Random,95% CI	Risk Ratio M-H,Random,95% CI
1 End of treatment				
White 2011	54/160	37/159		1.45 [1.02, 2.07]
2 Follow-up				
White 2011	62/160	47/159		1.31 [0.96, 1.79]

Analysis 3.8. Comparison 3 Exercise therapy versus adaptive pacing, Outcome 8 Health resource use (follow-up) [Mean no. of contacts].

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 3 Exercise therapy versus adaptive pacing

Outcome: 8 Health resource use (follow-up) [Mean no. of contacts]

Study or subgroup	Exercise therapy N	Mean(SD)	Pacing N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 Primary care						
White 2011	160	6.3 (3.9)	161	7.1 (5.7)		-0.80 [-1.87, 0.27]
2 Other doctor						
White 2011	160	3.1 (2.9)	161	2.4 (2.2)		0.70 [0.14, 1.26]
3 Healthcare professional						
White 2011	160	5.6 (8.3)	161	5.3 (7.9)		0.30 [-1.47, 2.07]
4 Inpatient						
White 2011	160	2.2 (2.4)	161	3.2 (2.5)		-1.00 [-1.54, -0.46]
5 Accident and emergency						
White 2011	160	1.6 (1.2)	161	1.1 (0.3)		0.50 [0.31, 0.69]
6 Other health/social services						
White 2011	160	7.3 (8.1)	161	6.3 (6.7)		1.00 [-0.63, 2.63]
7 Complementary health care						
White 2011	160	12.3 (12)	161	8.5 (9.6)		3.80 [1.42, 6.18]
8 Standardised medical care						
White 2011	160	3.6 (1.4)	161	3.6 (1.7)		0.0 [-0.34, 0.34]

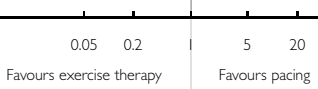
Analysis 3.9. Comparison 3 Exercise therapy versus adaptive pacing, Outcome 9 Health resource use (follow-up) [No. of users].

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 3 Exercise therapy versus adaptive pacing

Outcome: 9 Health resource use (follow-up) [No. of users]

Study or subgroup	Exercise therapy n/N	Pacing n/N	Risk Ratio M-H,Random,95% CI	Risk Ratio M-H,Random,95% CI
1 Primary care				
White 2011	134/140	134/146		1.04 [0.98, 1.11]
2 Other doctor				
White 2011	65/140	60/146		1.13 [0.87, 1.47]
3 Healthcare professional				
White 2011	115/140	109/146		1.10 [0.97, 1.24]
4 Inpatient				
White 2011	21/140	17/146		1.29 [0.71, 2.34]
5 Accident and emergency				
White 2011	14/140	26/146		0.56 [0.31, 1.03]
6 Medication				
White 2011	108/140	112/146		1.01 [0.89, 1.14]
7 Complementary health care				
White 2011	39/140	42/146		0.97 [0.67, 1.40]
8 Other health/social services				
White 2011	106/140	108/146		1.02 [0.89, 1.17]
9 Standardised medical care				
White 2011	138/140	146/146		0.99 [0.96, 1.01]

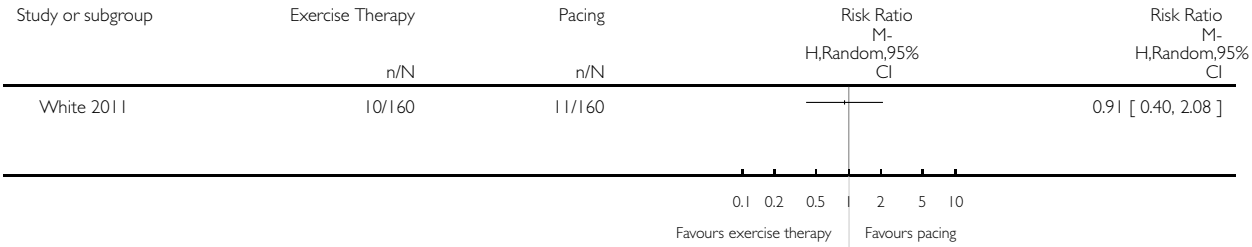


Analysis 3.10. Comparison 3 Exercise therapy versus adaptive pacing, Outcome 10 Drop-out.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 3 Exercise therapy versus adaptive pacing

Outcome: 10 Drop-out

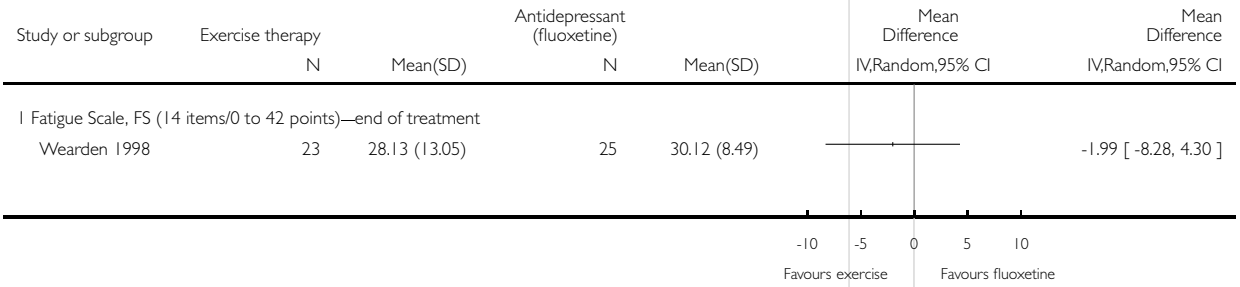


Analysis 4.1. Comparison 4 Exercise therapy + antidepressant placebo versus antidepressant + exercise placebo, Outcome 1 Fatigue.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 4 Exercise therapy + antidepressant placebo versus antidepressant + exercise placebo

Outcome: 1 Fatigue



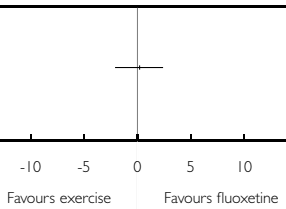
Analysis 4.2. Comparison 4 Exercise therapy + antidepressant placebo versus antidepressant + exercise placebo, Outcome 2 Depression.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 4 Exercise therapy + antidepressant placebo versus antidepressant + exercise placebo

Outcome: 2 Depression

Study or subgroup	Exercise therapy N	Mean(SD)	Antidepressant (fluoxetine) N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 HADS, depression score (7 items/21 points)—end of treatment						
Wearden 1998	23	7.47 (4.05)	25	7.32 (3.93)		0.15 [-2.11, 2.41]



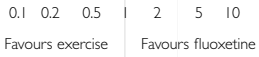
Analysis 4.3. Comparison 4 Exercise therapy + antidepressant placebo versus antidepressant + exercise placebo, Outcome 3 Drop-out.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 4 Exercise therapy + antidepressant placebo versus antidepressant + exercise placebo

Outcome: 3 Drop-out

Study or subgroup	Exercise therapy n/N	Antidepressant (fluoxetine) n/N	Risk Ratio M-H,Random,95% CI	Risk Ratio M-H,Random,95% CI
Wearden 1998	11/34	10/35		1.13 [0.55, 2.31]



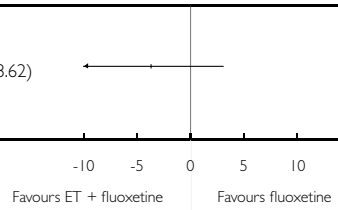
Analysis 5.1. Comparison 5 Exercise therapy + antidepressant versus antidepressant + exercise placebo, Outcome 1 Fatigue.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 5 Exercise therapy + antidepressant versus antidepressant + exercise placebo

Outcome: 1 Fatigue

Study or subgroup	Exercise + Antidepressant N	Mean(SD)	Antidepressant N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 Fatigue Scale, FS (14 items/0 to 42 points)—end of treatment						
Wearden 1998	19	26.26 (12.9)	24	29.92 (8.62)		-3.66 [-10.41, 3.09]



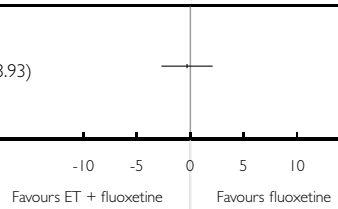
Analysis 5.2. Comparison 5 Exercise therapy + antidepressant versus antidepressant + exercise placebo, Outcome 2 Depression.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 5 Exercise therapy + antidepressant versus antidepressant + exercise placebo

Outcome: 2 Depression

Study or subgroup	Exercise + antidepressant N	Mean(SD)	Antidepressant N	Mean(SD)	Mean Difference IV,Random,95% CI	Mean Difference IV,Random,95% CI
1 HADS, depression score (7 items/21 points)—end of treatment						
Wearden 1998	19	7.05 (4.13)	25	7.32 (3.93)		-0.27 [-2.68, 2.14]

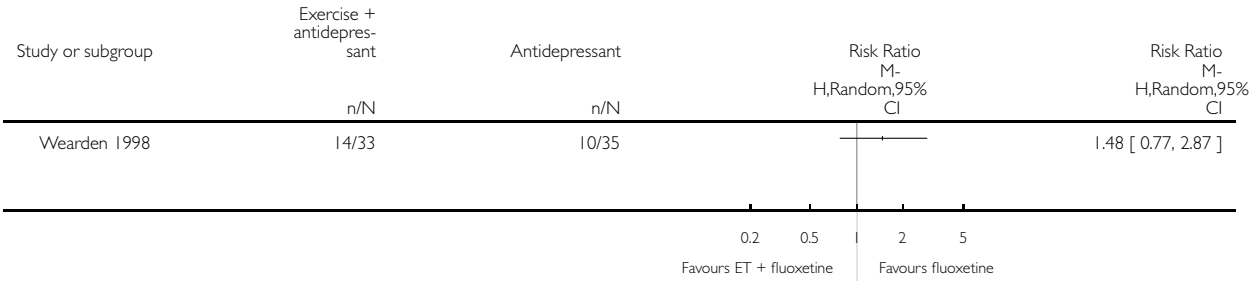


Analysis 5.3. Comparison 5 Exercise therapy + antidepressant versus antidepressant + exercise placebo, Outcome 3 Drop-out.

Review: Exercise therapy for chronic fatigue syndrome

Comparison: 5 Exercise therapy + antidepressant versus antidepressant + exercise placebo

Outcome: 3 Drop-out



ADDITIONAL TABLES

Table 1. Study demographics

Study ID	N	Gender	Duration of illness	Depression comorbidity	Use of antidepressants (ADs)	Work and employment status
Fulcher 1997	66	49F/17M 65% female	2.7 years	20 (30%) possible cases of depression (HADS)	30 (45%) on full-dose AD (n = 20) or low-dose AD (n = 10)	26 (39%) working or studying at least part time
Jason 2007	114	95F/19M 83% female	> 5.0 years	44 (39%) with a current Axis I disorder (depression and anxiety most common)	Not stated	52 (46%) working or studying at least part time, 24% unemployed, 6% retired, 25% on disability
Moss-Morris 2005	49	34F/15M 69% female	3.1 years	14 (29%) possible or probable cases of depression (HADS)	Not stated	11 (22%) were unemployed and were unable to work because of disability
Powell 2001	148	116F/32M 78% female	4.3 years	58 (39%) possible or probable cases of depression (HADS)	27 (18%) used AD	50 (34%) were working, 64 (43%) were on disability

Table 1. Study demographics (*Continued*)

Wallman 2004	61	47F/14M 77% female	Not stated	Not stated	16 (26%) used AD	Not stated
Wearden 1998	136	97F/39M 71% female	2.3 years	46 (34%) with depressive disorder according to DSM-III-R criteria	Not stated	114 (84%) had recently changed occupation
Wearden 2010	296	230F/66M 78% female	7.0 years	53 (18%) had a depression diagnosis	160 (54%) were prescribed AD in the past 6 months	Not stated
White 2011	641	495F/146M 77% female	2.7 years	219 (34%) with any depressive disorder	260 (41%) used AD	Not stated

Table 2. Characteristics of exercise interventions

Study ID	Deliverer of intervention	Explanation and materials	Type of exercise	Schedule therapist	Schedule home	Duration of activity	Initial exercise level	Increment steps	Participant self-monitoring	Criteria for (non)-increment
Fulcher 1997	Exercise physiologist	Verbal explanation of deconditioning and reconditioning	Walking (encouraged to take other modes such as cycling and swimming)	Weekly (1 hour), talking only	5 days/wk	5 to 15 minutes increasing to 30 minutes/d	5 to 15 minutes at 40% of peak O_2 consumption (target HR of resting + 50% of HRR)	Duration increased 1 to 2 minutes per week up to 30 minutes; then intensity increased	Ambulatory heart rate monitors	If increased fatigue, continue at the same level for an extra week
Wearden 1998	Physiotherapist, fitness focus	Minimal explanation; no written materials	Preferred activity (walking/jogging, some did cycling, swimming)	At week 0, 1, 2, 4, 8, 12*, 20, 26*, talking only (*evaluation visits)	3 days/wk	20 minutes	75% of VO_2max from bike test	Intensity increased	Borg Exertion Scale chart, before and after HR	Increase if: 10 beats/min drop post exercise and 2-point drop in Borg Scale score

Table 2. Characteristics of exercise interventions (*Continued*)

Powell 2001	Senior clinical therapist	Explanations for GET, circadian dysrhythmia, deconditioning, sleep "educational information pack"	Aerobic exercise; own choice but mostly exercise bike	9 face-to-face (1.5 hours each)	Tailored	Tailored to functional abilities	Tailored to functional abilities: "a level which you are capable of doing on a BAD DAY"	Varying daily increase (e.g. "5 second increase each day for the rest of the second week" to 30 minutes twice/d	Duration of exercise	Discouraged, but restart at lower level and rapidly reincrease
Wallman 2004	Single physical therapist	Small laminated Borg Scale and heart rate monitor	Walking/jogging, swimming or cycling	Phone contact every 2 weeks	Every second day	From 5 to 15 minutes, increasing to 30 minutes	Initial exercise duration was between 5 and 15 minutes, and intensity was based on the mean HR value achieved midpoint during submaximal exercise tests	Duration increased by 2 to 5 minutes/2 wk	Heart rate monitoring, Borg Exertion Scale	Keep Borg within 11 to 14. Adjust every 2 weeks. Average peak HR when exercising comfortably at a typical day represents patient's target heart rate (± 3 bpm) for future sessions
Moss-Morris 2005	Health psychology MSc student, researcher	Focused on the "downward spiral of activity reduction, deconditioning"	Walking (but could also do other preferred exercise, e.g. jogging, swimming)	Weekly for 12 weeks, talking only	4 to 5 days/wk	Set collaboratively approx 5 to 15 minutes	HR at 40% of VO_2max	Duration 3 to 5 minutes/wk Intensity increased after 6 weeks 5 bpm/wk	Ambulatory heart rate monitors	If increased fatigue, continue at the same level for an extra week

Table 2. Characteristics of exercise interventions (*Continued*)

Jason 2007	Registered nurses supervised by exercise physiologist	"Behavioral goals explained, energy system education, redefining exercise"	"individualized, constructive and pleasurable activities"	Every 2 weeks (45 minutes), 13 sessions	3 per week	Tailored	Flexibility tests Strength test (hand grip)	"Gradually increasing anaerobic activity levels"	Self-monitoring daily exercise diary	New targets only after habituation, or if goals achieved for 2 weeks
Wearden 2010	Nurses with 16 half-days of training and supervision	Explanation of physiological symptoms and training in first session	Wide choice: walking, stairs, bicycle, dance, jog	10 sessions over 18 weeks	Several times per day	First 90 minutes, then alternating 60 and 30 minutes	Determined collaboratively with the participant	"Increased very gradually," examples show 50% increase per day	Diary of progress on exercise programme, with note of daily activities	On "bad days," try to do same as day before
White 2011	Exercise therapist/ physiotherapist (8 to 10 days training + ongoing supervision)	142-page manual: benefits of exercise and "how to" of GET; some got pedometers	Wide choice: walking, cycling, swimming, Tai Chi. Aim to build into daily activities	Weekly × 4, then fortnightly; total of 15 sessions	5 to 6 days/wk	Negotiated, goal to get to 30 minutes per session	Test of fitness (step test. and 6-minute walking test), perceived physical exertion, actigraphy data	"20% increases" per fortnight; increase duration to 30 minutes, then increase intensity	Exercise diary + Borg scale + "Use non-symptoms to monitor" and heart rate monitor (for intensity increases)	Do not increase if global increase in symptoms

APPENDICES

Appendix 1. Search strategy-CCDANCTR-References

CCDANCTR-References Register

(fatigue* or asthenia or "muscular disorder*" or neurasthenia* or "infectious mononucleos*" or "myalgic encephalomyelit*" or "royal free disease*" or lassitude or "muscular weakness*" or "akureyri disease" or "atypical poliomyelitis" or CFIDS or CFS or (chronic and mononucleos*) or "epidemic neuromyasthenia" or "iceland disease" or "post infectious encephalomyelitis" or PVFS or tiredness or adynamia or legasthenia or (perspective and asthenia) or neurataxia or ("muscle strength" and loss) or "muscle* weak*" or "weak* muscle*" or (muscular and insufficiency) or (neuromuscular and fatigue))

and

exercise or "physical fitness" or "physical education" or "physical condition*" or "physical train*" or "physical mobility" or "physical activ*" or "physical exertion" or "physical effort*" or (breathing and (therap* or exercise*)) or (respiration and therap*) or "gi gong" or gigong or *kung or tai or thai or taiji or taijiquan or taichi or walking or yoga or relaxation* or gymnastics or calisthenics or aerobic or danc* or jumping or hopping or running or jogging or ambulat* or "muscle strengthening" or (muscular and (strength or resistance)) or ((weight or weights) and lifting) or weightlifting or "power lifting" or "weight train*" or pilates or stretching or plyometric* or "cardiopulmonary conditioning" or "motion therap*" or "neuromuscular facilitation*" or "movement therap*" or ((recreation or activity) and therap*) or "isometric training" or climbing or cycling or bicycle* or "lifting effort*" or swim* or (training and (technical or course or program*)) or writing or kinesi* or gardening or multiconvergent)

Appendix 2. Other search strategies

SPORTDiscus (EBSCOHost)

1. exp Exercise/
2. exp Exercise Therapy/
3. exp Exercise Movement Techniques/
4. Physical Fitness/
5. exp "Physical Education and Training"/
6. (exercise$ or exercising).tw.
7. ((breathing or respiration) adj (therap$ or exercise$)).tw.
8. (gi gong or gigong).tw.
9. relaxation$.tw.
10. ((tai adj ji) or ((tai or thai) adj chi) or taiji or taijiquan or taichi).tw.
11. walking.tw.
12. yoga.tw.
13. (physical adj (fitness or condition$ or education or training or mobility or activit$ or exertion or effort)).tw.
14. gymnastics.tw.
15. calisthenics.tw.
16. aerobic danc$.tw.
17. danc$.tw.
18. (jumping or hopping).tw.
19. (running or jogging).tw.
20. ambulat$.tw.
21. muscle strengthening.tw.
22. (muscular adj (strength or resistance) adj training).tw.
23. ((weight$1 adj2 lifting) or weightlifting or power lifting or weight training).tw.
24. pilates.tw.
25. stretching.tw.
26. plyometric$.tw.
27. cardiopulmonary conditioning.tw.
28. motion therap$.tw.
29. neuromuscular facilitation$.tw.
30. movement therap$.tw.

31. ((recreation or activity) adj therap$).tw.
32. gymnastic therap$.tw.
33. isometric training.tw.
34. climbing.tw.
35. cycling.tw.
36. lifting effort$.tw.
37. swimming.tw.
38. writing.tw.
39. technical training.tw.
40. (training adj (course$ or program$)).tw.
41. (training adj (course$ or program$)).tw.
42. kinesi?therap$.tw.
43. gardening.tw.
44. multiconvergent.tw.
45. exp Sports/
46. or/1-45
47. Fatigue Syndrome, Chronic/
48. exp Fatigue/
49. Asthenia/
50. Neurasthenia/
51. chronic fatigue$.tw.
52. fatigue syndrom$.tw.
53. infectious mononucleos$.tw.
54. postviral fatigue syndrome$.tw.
55. chronic fatigue-fibromyalgia syndrome$.tw.
56. myalgic encephalomyelit$.tw.
57. royal free disease$.tw.
58. neurasthenic neuroses.tw.
59. akureyri disease.tw.
60. atypical poliomyelitis.tw.
61. benign myalgic encephalomyelitis.tw.
62. (CFIDS or CFS).tw.
63. (chronic adj4 mononucleos$).tw.
64. epidemic neuromyasthenia.tw.
65. iceland disease.tw.
66. post infectious encephalomyelitis.tw.
67. PVFS.tw.
68. (perspective adj4 asthenia).tw.
69. neurasthenic syndrome$.tw.
70. neurataxia.tw.
71. neuroasthenia.tw.
72. (neuromuscular adj6 fatigue).tw.
73. or/47-72
74. randomized controlled trial.pt.
75. controlled clinical trial.pt.
76. randomi#ed.ab.
77. placebo$.ab.
78. randomly.ab.
79. trial.ab.
80. (clinic$ adj3 (trial$ or study or studies$)).ti,ab.
81. (control$ or prospectiv$ or volunteer$).ti,ab.
82. ((singl$ or doubl$ or tripl$) adj (blind$ or mask$ or dummy)).ti,ab.
83. or/74-82

84. (animals not (humans and animals)).sh.
85. 83 not 84
95. 46 and 73 and 85

Cochrane Central Register of Controlled Trials (CENTRAL)

#1 MeSH descriptor Exercise
#2 MeSH descriptor Exercise Therapy
#3 MeSH descriptor Exercise Movement Techniques
#4 MeSH descriptor Physical Fitness
#5 MeSH descriptor Physical Education and Training
#6 exercis*
#7 breathing NEAR/2 (therap* or exercis*)
#8 respiration NEAR/2 (therap* or exercis*)
#9 (gi gong or gigong)
#10 relaxation*
#11 tai or thai or taiji or taijiquan or taichi
#12 walking
#13 yoga
#14 (physical NEAR/2 (fitness or condition* or education or training or mobility or activit* or exertion or effort))
#15 gymnastics
#16 calisthenics
#17 aerobic*
#18 danc*
#19 jumping or hopping
#20 ambulat*
#21 muscle strengthening
#22 (muscular NEAR/2 (strength or resistance))
#23 (weight or weights) NEAR/2 lift*
#24 weightlifting or power lifting or weight training
#25 (Pilates or stretching or plyometric* or cardiopulmonary conditioning or motion therap* or neuromuscular facilitation* or movement therap* or gymnastic therap* or isometric training or climbing or cycling or lifting effort* or swimming or writing) #26 ((recreation or activity) NEAR/2 therap*)
#27 technical training
#28 (training NEAR/2 (course* or program*))
#29 (training adj (course* or program*))
#30 kinesi*
#31 gardening
#32 multiconvergent
#33 MeSH descriptor Sports explode all trees
#34 (#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR #33)
#35 MeSH descriptor Fatigue Syndrome, Chronic
#36 MeSH descriptor Fatigue
#37 MeSH descriptor Asthenia
#38 MeSH descriptor Neurasthenia
#39 chronic fatigue*
#40 fatigue syndrom*
#41 infectious mononucleos*
#42 postviral fatigue syndrome*
#43 chronic fatigue-fibromyalgia syndrome*
#44 myalgic encephalomyelit*
#45 royal free disease*
#46 neurasthenic neuroses

#47 akureyri disease
#48 atypical poliomyelitis
#49 benign myalgic encephalomyelitis
#50 CFIDS or CFS
#51 chronic NEAR/5 mononucleos*
#52 epidemic neuromyasthenia
#53 iceland disease
#54 post infectious encephalomyelitis
#55 PVFS
#56 perspective NEAR/5 asthenia
#57 neurasthenic syndrome*
#58 neurataxia
#59 neuroasthenia
#60 neuromuscular NEAR/6 fatigue
#61 (#35 OR #36 OR #37 OR #38 OR #39 OR #40 OR #41 OR #42 OR #43 OR #44 OR #45 OR #46 OR #47 OR #48 OR #49 OR #50 OR #51 OR #52 OR #53 OR #54 OR #55 OR #56 OR #57 OR #58 OR #59 OR #60)
#62 (#34 AND #61)

International Trial Registers

World Health Organization International Clinical Trials Portal available at http://apps.who.int/trialsearch/, incorporating the following International trials registers/registries.

- Australian New Zealand Clinical Trials Registry
- ClinicalTrials.gov
- EU Clinical Trials Register (EU-CTR)
- International Standard Randomised Controlled Trial Number (ISRCTN)
- Brazilian Clinical Trials Registry (ReBec)
- Chinese Clinical Trial Registry
- Clinical Trials Registry-India
- Clinical Research Information Service-Republic of Korea
- Cuban Public Registry of Clinical Trials
- German Clinical Trials Register
- Iranian Registry of Clinical Trials
- Japan Primary Registries Network
- Pan African Clinical Trial Registry
- Sri Lanka Clinical Trials Registry
- The Netherlands National Trial Register
- Thai Clinical Trials Register (TCTR)

FEEDBACK

Feedback

Summary

The two reviews about chronic fatigue syndrome (CFS) (on exercise and CBT) are important documents in a controversial field. However, they seem to be listed on the website as mental health topics, alongside depression, etc. CFS is not a form of mental illness, although of course individual cases may have a psychological component that can be addressed during treatment. May I suggest that you place them elsewhere, as it is misleading and confusing to include them under the mental health umbrella?

Reply

Many thanks for your comment on the two Cochrane CFS reviews. Apologies for the delay in responding, I have been on annual leave. We appreciate your observations about the placement of these reviews in *The Cochrane Library*. Feedback on reviews is normally dealt with by the relevant review author, but in this case I am responding, as your query relates more to an organisational issue. These reviews are listed as topics under a mental health heading because, as a result of the psychological component to which you refer, both reviews are supported by a mental health Cochrane group. Similar arrangements are in place for reviews of treatments for other disorders involving a variety of component problems and that as a result do not easily fit within the scope of one Cochrane group. These reviews however can be accessed in a number of different ways, for example, by searching for the specific topic (CFS and associated terminology, exercise and associated terminology, CBT and associated terminology); by searching for the study authors; by looking under subject headings, etc. The subject headings are not really intended as a comment on/guide to the aetiology of an illness, but they sometimes reflect the services involved in management of the condition. I have copied this response to the review authors in case they wish to comment further. Many thanks for your feedback.

Contributors

Cathy Stillman-Lowe (occupation freelance editor/science writer)
cathy.stillman-lowe@care4free.net
Submitter agrees with default conflict of interest statement:
I certify that I have no affiliations with or involvement in any organisation or entity with a financial interest in the subject matter of my feedback.

Types of evidence included, 3 June 2013

Summary

Unfortunately, this review ignores the large body of patient testimony suggesting that many persons with severe myalgic encephalomyelitis have been harmed by graded exercise therapy.
Since it was prepared, the International Consensus Primer and Guidelines for Medical Practitioners have been published.
Current thinking is to stay within your energy envelope. People with ME tend to overdo not underdo what they are capable of....
Care must be taken to NOT encourage them to do too much.
Further many definitions are used for CFS, and this muddies the waters.
I agree with the conflict of interest statement below:
I certify that I have no affiliations with or involvement in any organisation or entity with a financial interest in the subject matter of my feedback.

Reply

Thank you for your comments on this Cochrane Review.
In conducting this review, our aim was to gather and synthesise a specific type of evidence-that reported by randomised controlled trials. We fully accept that patient testimony, particularly that gathered and synthesised by high-quality qualitative research, is invaluable in any clinical area, particularly in an area as challenging for patients and healthcare professionals as CFS-ME. However, this project was not designed to incorporate such evidence.
We do consider the possibility of harm arising from graded exercise therapy by considering reported adverse events. Clearly this is an important issue to consider with any therapeutic intervention. Moreover, in the usual course of any illness, the condition of some patients improves (with or without treatment) and the condition of others worsens (with or without treatment). It is only through the use of randomised controlled trials that the effects (whether beneficial or adverse) of putative treatments can be disentangled reliably from the natural history of illness.
You raise the important point that (some) 'people with ME tend to overdo not underdo what they are capable of.' The critical point is the extent to which patients should be 'encouraged to do more' and the way in which they should be encouraged to do so. These are important research questions. As you know, new randomised evidence is available from the PACE trial, published in 2011 in *Lancet*. Whilst this is a controversial trial, it is an important randomised comparison of graded exercise therapy and 'adaptive pacing.' We look forward to further randomised evidence in due course.

We also look forward to continuing to work in this clinical area, in the hope that we can advance our understanding of the impact of this treatment approach.

Contributors

Submitter: Adrienne.
Response prepared by Jonathan Price.

WHAT'S NEW

Last assessed as up-to-date: 9 May 2014.

Date	Event	Description
20 November 2014	New citation required but conclusions have not changed	Four new studies have been added in this update, and the conclusion strengthens results reported in the 2004 version of the review
2 October 2014	New search has been performed	This review has been updated with newer methodology, and new studies have been incorporated

HISTORY

Protocol first published: Issue 3, 2001

Review first published: Issue 3, 2004

Date	Event	Description
1 November 2008	Amended	This review has been converted to the new review format
25 May 2004	New search has been performed	The protocol for this review has undergone post hoc alteration based on feedback from referees. The following sections have been altered: Types of interventions; Search strategy; Methods of the review
8 May 2004	New citation required and conclusions have changed	Substantive amendments have been made

CONTRIBUTIONS OF AUTHORS

LL, KGB, JO-J: checked trials for inclusion.

LL, KGB, JO-J: extracted data for the update.

LL, JO-J, KGB: analysed data for the update.

LL, JO-J, JRP, KGB: wrote the update.

DECLARATIONS OF INTEREST

LL: nothing to declare.

KGB: nothing to declare.

JO-J: nothing to declare.

JRP: nothing to declare.

SOURCES OF SUPPORT

Internal sources

- University of Oxford Department of Psychiatry, UK.
- Norwegian Knowledge Centre for Health Services, Norway.

External sources

- No sources of support supplied

DIFFERENCES BETWEEN PROTOCOL AND REVIEW

Changes made to the original review are stated below.

Objectives have been changed from '(1) To systematically review all randomised controlled trials of exercise therapy for adults with CFS, and (2) To investigate the relative effectiveness of exercise therapy alone or as part of a treatment plan' in the 2004 version to 'The objective of this review was to determine the effects of exercise therapy (ET) for patients with chronic fatigue syndrome (CFS) as compared with any other intervention or control' in this update.

Comparisons have been changed from: '(1) Exercise therapy versus treatment as usual or relaxation plus flexibility, (2) Exercise therapy versus pharmacotherapy (fluoxetine), (3) Exercise therapy alone versus exercise therapy plus pharmacotherapy (fluoxetine) and (4) Exercise therapy alone versus exercise therapy plus patient education' in the 2004 version to the following in this update.

- "'Passive control": treatment as usual/waiting-list control/relaxation/flexibility.

    - "Treatment as usual" comprises medical assessments and advice given on a naturalistic basis. "Relaxation" consists of techniques that aim to increase muscle relaxation (e.g. autogenic training, listening to a relaxation tape). "Flexibility" includes stretches performed according to selected exercises given.

- Psychological therapies: cognitive-behavioural therapy (CBT)/cognitive treatment/supportive therapy/behavioural therapies/psychodynamic therapies.

- Adaptive pacing therapy.

- Pharmacological therapy (e.g. antidepressants).'

We have revised and reordered the list of secondary outcomes for clarity and have added self-reported changes in overall health as a new outcome, while moving adverse effects from a secondary outcome to a primary outcome.

We have updated the methods according to recommendations provided in the 2011 version of the *Cochrane Handbook for Systematic Reviews of Interventions*. For the first version of this review (2004), assessment of methodological quality was conducted according to contemporary criteria of the handbook of The Cochrane Collaboration (Alderson 2004).The adequacy of allocation concealment was rated as adequate (A), unclear (B) or inadequate (C) or as not used (D), and the CCDAN Quality Rating System (Moncrieff 2001) was applied. For this update, we reextracted data on risk of bias to comply with current recommendations, and we used concealment of allocation as the main quality criterion for included studies.

To explore possible differences between studies using different treatment strategies, control conditions and diagnostic criteria, we decided to perform post hoc subgroup analyses when applicable. We also performed post hoc subgroup analyses excluding Powell 2001, as the results reported in this trial seem to have introduced considerable heterogeneity into the analysis. Moreover, in the protocol it is stated, "where results for continuous outcomes were presented using different scales or different versions of the same scale, we used standardised mean differences (SMDs)." We realise that the standardised mean difference (SMD) is much more difficult to conceptualise and interpret than the normal mean difference (MD); therefore we decided to report both MDs and SMDs in the Results section. In general, MDs are reported in the main Results section, whereas SMDs are supplied under the "Sensitivity and subgroup analysis" subheading.

Planned methods not used in this review

Cluster trials

Studies often employ 'cluster randomisation' (such as randomisation by clinician or practice), but analysis and pooling of clustered data pose problems. First, study authors often fail to account for intraclass correlation in clustered studies, leading to a 'unit of analysis' error (Bland 1997) whereby P values are spuriously low, confidence intervals unduly narrow and statistical significance overestimated. This causes type I errors (Bland 1997; Gulliford 1999).

No cluster RCTs were identified in this version of the review. Should such studies be identified in future updates, we will use the following methodological approach. When clustering has not been accounted for in primary studies, we will present data in a table, with a (*) symbol to indicate the presence of a probable unit of analysis error. We will seek to contact first authors of studies to obtain intraclass correlation co-efficients for their clustered data and to adjust for this by using accepted methods (Gulliford 1999). When clustering is incorporated, we will present the data as if from a parallel-group randomised study, but adjusted for the clustering effect. We will additionally exclude such studies in a sensitivity analysis.

If cluster studies are appropriately analysed by taking into account intraclass correlation co-efficients and relevant data documented in the report, synthesis with other studies will be possible using the generic inverse variance technique.

Cross-over trials

A major concern of cross-over trials is the potential for carry-over effect. This occurs when an effect (e.g. pharmacological, physiological, psychological) of treatment in the first phase is carried over to the second phase. As a consequence of entry to the second phase, participants can differ systematically from their initial state despite a wash-out phase. For the same reason, cross-over trials are not appropriate when the condition of interest is unstable (Elbourne 2002). As both effects are very likely in CFS/ME, randomised cross-over studies were eligible but only when data up to the point of first cross-over were used. Data from the subsequent (second) period of the cross-over trial were not considered for analysis.

Studies with multiple treatment groups

Multiple dose groups

Some studies may address the effects of different levels of supervision and follow-up with regards to the exercise intervention and the comparator (e.g. sessions for designing exercise therapy, sessions for designing exercise therapy and planned telephone contacts, sessions for designing exercise therapy and seven face-to-face treatment sessions, usual care). Should we identify trials that take this approach in

future updates, we will adopt the following approach. For dichotomous outcomes, we will sum up the sample sizes and the numbers of people with events across all intervention groups. For continuous outcomes, means and standard deviations will be combined using the methods described in Chapter 7 (Section 7.7.3.8) of the *Cochrane Handbook for Systematic Reviews of Interventions* (Higgins 2011).

Multiple medications

Some studies may combine several interventions with one comparison group. Should we identify trials of this nature in future updates, we will analyse the effects of each intervention group versus placebo separately, but we will divide up the total number of participants in the placebo group. In the case of continuous outcomes, the total number of participants in the placebo group again will be divided up, but means and standard deviations will be left unchanged (see Chapter 16, Section 16.5.4, in Higgins 2011).

Methods intended for future reviews

If future updates identify a number of studies that enable reporting at different time points, this should be done for example at end of treatment, at short-term follow-up (zero to six months), at medium-term follow-up (seven to 12 months) and at long-term follow-up (over 12 months).

NOTES

A protocol for an accompanying individual patient data review on chronic fatigue syndrome and exercise therapy has been published (Larun 2014).

INDEX TERMS

Medical Subject Headings (MeSH)

*Exercise Therapy; Depression [therapy]; Fatigue Syndrome, Chronic [psychology; *therapy]; Randomized Controlled Trials as Topic

MeSH check words

Humans