

A. Fukuda symptom criteria

- 1. Fatigue persists or relapses ≥ 6 months
- 2. At least 4 of 8 designated symptoms:
 - Prolonged post-exertional malaise
 - Unrefreshing sleep
 - Impaired memory & concentration
 - Muscle pain
 - Headaches
 - Sore throat
 - Tender/ sore lymph nodes

B. Exclusions

Presence of any of the following illnesses:

Permanent Medical Exclusions

- 1. Organ failure (e.g., emphysema, cirrhosis, cardiac disease with reduced ejection fraction $<40\%$, chronic renal failure)
- 2. Chronic infections (e.g., AIDS, hepatitis B or C)
- 3. Rheumatic and chronic inflammatory diseases (e.g., systemic lupus, erythematosus, Sjogren's syndrome, rheumatoid arthritis, inflammatory bowel disease, chronic pancreatitis)
- 4. Major neurologic diseases (e.g., multiple sclerosis, neuromuscular diseases, epilepsy or other diseases requiring ongoing medication that could cause fatigue, stroke, head injury with residual neurologic deficits)
- 5. Diseases requiring systemic treatment (e.g., organ or bone marrow transplantation, systemic chemotherapy, radiation of brain, thorax, abdomen, or pelvis)
- 6. Major endocrine diseases (e.g., hypopituitarism, adrenal insufficiency)
- 7. Primary sleep disorders (e.g., sleep apnea, narcolepsy)

Temporary Medical Exclusions

- 1. Conditions discovered at onset or initial evaluation (e.g., effects of medications, sleep deprivation, untreated hypothyroidism, untreated or unstable diabetes mellitus, active infection)
- 2. Conditions that resolve (e.g., pregnancy until 3 months post-partum, breast feeding, major surgeries until 6 months post-operation, minor surgeries until 3 months, and major infections such as sepsis or pneumonia until 3 months past resolution; sleep disorders such as restless leg syndrome and periodic limb movement should be considered temporary exclusions for research criteria, if they are severe, but not if the degree of the sleep problem is insufficient to explain the severity of fatigue)
- 3. Major conditions whose resolution may be unclear for at least 5 years (e.g., surgical resection of cancer, myocardial infarction, heart failure)
- 4. Morbid obesity (Body mass index [BMI] > 40)

Exclusionary Psychiatric Disorders

Lifetime diagnoses of:

- 1. Bipolar affective disorders
- 2. Schizophrenia of any subtype
- 3. Delusional disorders of any subtype
- 4. Dementias of any subtype
- 5. Organic brain disorders
- 6. Alcohol or substance abuse within 2 years before onset of fatiguing illness

If any of the following symptoms have been resolved for more than 5 years before the onset of the current chronically fatiguing illness, they should NOT be considered exclusionary:

- 7. Major depressive disorder with psychotic or melancholic features
- 8. Anorexia nervosa
- 9. Bulimia nervosa

C. Severity

Refer to Question 23

- 1. Fatigue has been present for six months or longer (Column 1)
- 2. Frequency = Often, Usually, or Always (Column 3)
- 3. Symptom severity rating ≥ 50 (Column 4)