

Table 8: Summary of study results

Treatment	Number of patients	Outcomes investigated	Any effect	Overall effect	Validity score (Maximum 20)
BEHAVIOURAL					
CBT ¹⁴⁷	60	PH; PS; QOL	+	+	18
GET & Fluoxetine ¹⁵⁸	136	PH; PS; QOL	+	<>	17
GET ¹⁵⁷	66	PH; PS; LAB; QOL	+	+	17
GET ^{159, 162}	148	PH; PS; QOL	+	+	17
CBT ¹⁵¹	270	PH; PS; QOL	+	+	16
CBT ¹⁵⁰	60	PH; PS; QOL	+	+	15
CBT ²¹⁶	69	PH; QOL	+	+	16
CBT + DLE ¹⁴⁹	90	PH; PS; LAB; QOL	+	<>	13
GET ¹⁶⁰	49	PH	+	+	9
GET ¹⁶¹	61	PS; PH; LAB	+	+	9
Rehab ¹⁵³	47	PH; QOL	+	+	9
CBT/ rehab ¹⁵⁵	130	PH; PS; QOL	+	+	8
CBT/ rehab ¹⁵⁴	97	PH; PS; QOL	+	<>	7
CBT ¹⁶³	65	PH; PS; QOL	<>	<>	3
CBT ²¹⁷	56	PH; QOL	+	<>	2
CBT ¹⁵²	44	PH; PS; QOL	<>	<>	1
IMMUNOLOGICAL					
Immunoglobulin ²¹⁶	71	PH	+	+	16
Immunoglobulin ¹⁶⁵	30	PH; LAB; QOL	<>	<>	15
Acyclovir ¹⁷⁰	27	PH; PS; LAB; QOL	-	<>	15
Staphylococcus toxoid ¹⁷⁴	98	PH	+	+	14
Immunoglobulin ¹⁶⁴	49	PS; QOL	+	<>	13
Immunoglobulin ¹⁶⁶	99	PH; PS; LAB; QOL	<>	<>	13
Ampligen ¹⁶⁸	92	RU; PH; PS	+	+	12
Terfenadine ¹⁷⁶	30	PH; QOL	<>	<>	12
Alpha interferon ¹⁶⁸	30	LAB; QOL	+	<>	11
Gancyclovir ¹⁷¹	11	PH	<>	<>	?
Staphylococcus toxoid ¹⁷³	28	PS; QOL	+	<>	9
Inosine pranobex ¹⁷⁵	16	PH; LAB; QOL	+	<>	6
Interferon ¹⁶⁷	20	PH	<>	<>	6
PHARMACOLOGICAL					
Moclobemide ¹³⁵	90	PH; PS; LAB; QOL	<>	<>	19
Hydrocortisone ¹⁸⁷	32	PH; QOL	+	<>	18
Fludrocortisone ¹³⁰	100	PH; PS; LAB; QOL	<>	<>	18
Fludrocortisone ¹⁸⁹	25	PH; PS; QOL	<>	<>	16
Galantamine hydrobromide ¹⁷⁸	434	PH; PS	<>	<>	15
Hydrocortisone and fludrocortisone ¹⁹¹	80	PH; PS; LAB; QOL	<>	<>	14
Hydrocortisone ¹⁸⁶	70	PH; PS; QOL	<>	<>	14
Clonidine ¹⁷¹	10	PS	<>	<>	12
Oral NADH ¹⁸⁵	26	QOL	+	+	12
Fluoxetine ¹⁸¹	107	PH; PS; QOL	<>	<>	12
Selegiline ¹⁹⁴	25	PH; PS; QOL	+	<>	11
Phenelzine ¹³⁰	24	PH; PS; QOL	<>	<>	10
Subutamine ¹⁷⁹	326	PH; QOL	<>	<>	10
Galanthamine hydrobromide ¹⁷⁷	49	PH; PS; QOL	<>	<>	9
Dexamphetamine ¹⁹⁵	20	PH; QOL	+	<>	8
Growth hormone ¹⁸²	20	PH	<>	<>	5
Melatonin ¹⁶⁵	30	PH; PS	+	+	5
Topical nasal corticosteroids ¹⁹²	28	PH	<>	<>	3
Oral NADH ¹⁸⁴	20	PH	<>	<>	3
Hydrocortisone ¹⁸⁸	120	PH; LAB	+	<>	2

COMPLEMENTARY/ ALTERNATIVE						
Homeopathy ¹⁹⁷	103	PH	+	<>		17
Massage therapy ¹⁹⁸	20	PH; PS; LAB	+	+		9
Any homeopathic remedy ¹⁹⁵	64	QOL	<>	<>		6
Osteopathy ¹⁹⁹	58	PH; PS; QOL	<>	<>		0
SUPPLEMENTS						
Essential fatty acids* ¹⁵⁶	63	LAB; QOL	+	+		17
Essential fatty acids* ²⁰⁰	50	PS; QOL	<>	<>		16
Magnesium ²⁰¹	34	PH; PS; LAB; QOL	+	+		15
Liver extract ²⁰²	15	PH; PS; QOL	<>	<>		10
Acetyl-L-carnitine and propionyl-L-carnitine ²⁰⁹	90	PH; PS	+	+		10
General supplements ²⁰⁴	53	PH	<>	<>		10
General supplements ²⁰³	42	PH; QOL	<>	<>		10
Pollen extract ²⁰⁵	22	PH; PS; QOL; LAB	<>	<>		9
General supplements ²⁰⁵	12	PH	<>	<>		6
Acetyl-L-carnitine and amino acids ²⁰⁸	90	PH; LAB	+	<>		3
Medicinal mushrooms ²⁰⁷	70	PH	<>	<>		3
OTHER						
Combination ²¹⁵	72	PH	+	+		19
Low sugar low yeast diet ²¹⁴	57	PH; PS	<>	<>		11
Buddy/mentor ²¹²	12	PH; PS; QOL	+	<>		4
Combination ²¹⁰	71	QOL	<>	<>		3
Combination ²¹¹	52	PS; QOL	+	<>		2
Group therapy ²¹³	14	PH; QOL	<>	<>		1

+ indicates a positive effect of treatment; - indicates a negative effect of treatment; <> indicates no effect of treatment

*Essential fatty acids (both studies) = 36mg gamma-linoleic acid (GLA), 17mg eicosapentanoic acid (EPA), 11mg docosahexanoic acid (DHA), 255mg linoleic acid (LA), plus 10 IU vitamin E.

† For studies in which the duration of intervention was different from the duration of follow-up, the duration of intervention is shown in brackets

Outcome codes: RU = resource use; PH = physical; PS = psychological; LAB = laboratory and physiological; QOL = quality of life and general health. Outcomes which showed a significant difference between intervention and control groups are highlighted in bold

Controlled studies are shaded in the table, all other studies are RCTs.