

Approaches	Very helpful	Reasonably helpful	Not at all helpful
The Lightning Process	44%	36%	20%
Pacing	38%	56%	6%
NHS Sussex CFS/ME Service	28%	48%	24%
Hospital consultant	26%	45%	29%
Special Pain Med	26%	39%	35%
Specialist CBT	24%	50%	26%
GP	23%	53%	24%
Nutrition	23%	59%	23%
NHS Kent CFS/ME Service	21%	54%	25%
Amitriptyline etc (Tricyclics)	20%	46%	34%
Yoga	20%	59%	21%
Lifestyle courses (EPP & NHS)	16%	64%	20%
Sertraline etc(SSRIs)	15%	52%	33%
Acupuncture	14%	43%	43%
Homeopathy	13%	44%	43%
Specialist GET	12%	51%	37%

N=460

Brighton and Sussex Medical School and the Sussex & Kent ME/CFS Society