

The effectiveness of activity pacing interventions for people with chronic fatigue syndrome: a systematic review and meta-analysis.

Supplementary information

Table of contents

Supplementary table 1: Example of MEDLINE database search strategy	2
Supplementary table 2. Physiotherapy evidence database (PEDro) scale scores of studies included in the systematic review.	3
Supplementary figure 1: Forest plot for the effect of activity pacing on fatigue at follow-up	4
Supplementary figure 2: Forest plot for the effect of activity pacing on fatigue compared to attention-matched controls	5
Supplementary figure 3: Forest plot for the effect of activity pacing on physical function at follow-up	6
Supplementary figure 4: Forest plot for the effect of activity pacing on physical function compared to attention-matched controls	7
Supplementary figure 5: Forest plot for the effect of activity pacing on depression at follow-up	8
Supplementary figure 6: Forest plot for the effect of activity pacing on depression compared to attention-matched controls	9
Supplementary figure 7: Forest plot for the effect of activity pacing on anxiety at follow-up	10

Supplementary table 1: Example of MEDLINE database search strategy

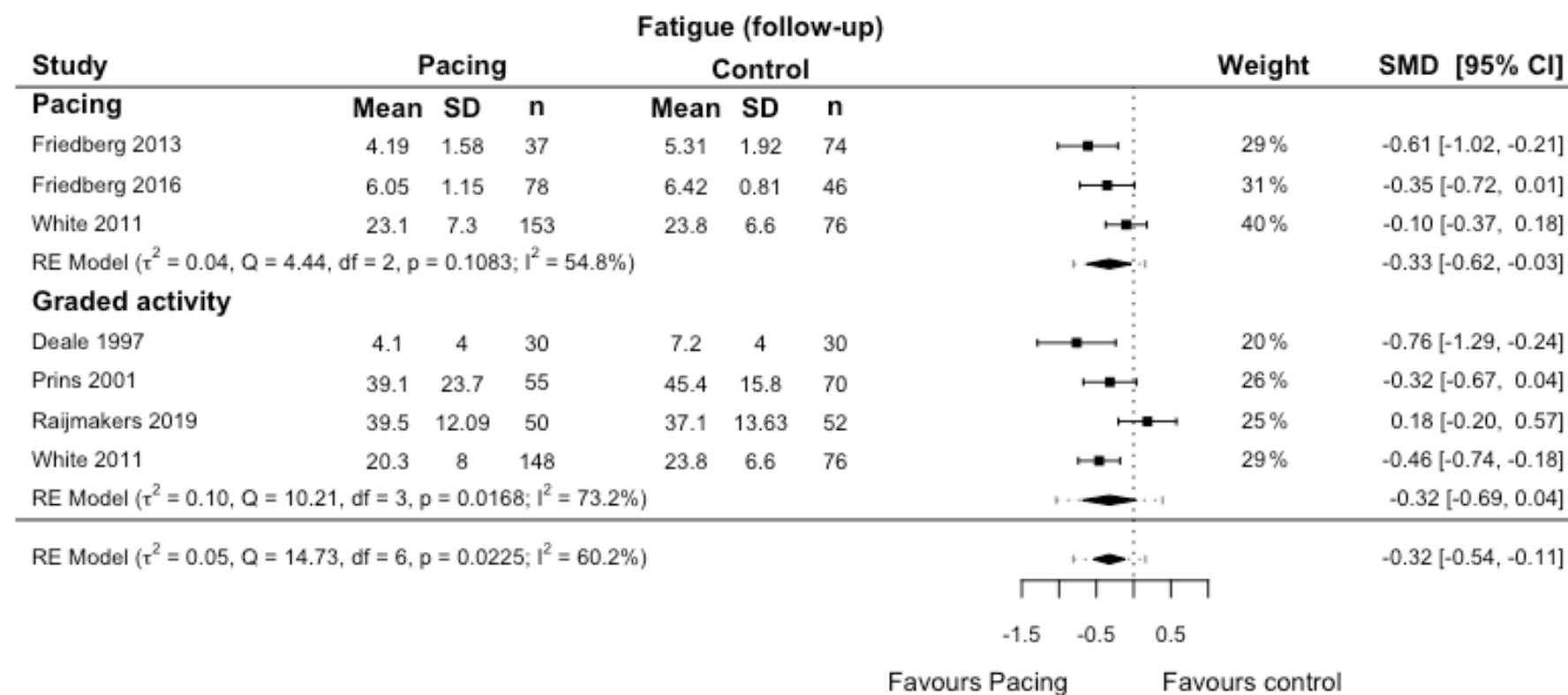
Database	Search terms
<p>MEDLINE</p> <p>[mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]</p>	<ol style="list-style-type: none"> 1. "chronic fatigue syndrome".mp 2. "fatigue".mp 3. "myalgic encephalitis".mp 4. "CFS".mp 5. "ME".mp 6. "post-infective fatigue".mp 7. "neurasthenia".mp 8. "systemic exertion intolerance disease".mp 9. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 10. "activity pacing".mp 11. "pacing".mp 12. "adaptive pacing".mp 13. "energy conservation".mp 14. "behav* change".mp 15. "cognitive behav* therapy".mp 16. "cognitive exercise therapy".mp 17. "graded exercise therapy".mp 18. "exercise therapy".mp 19. "CBT".mp 20. "CET".mp 21. "GET".mp 22. "self-management".mp 23. 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 24. 9 and 23

Supplementary table 2: Physiotherapy evidence database (PEDro) scale scores of studies included in the systematic review.

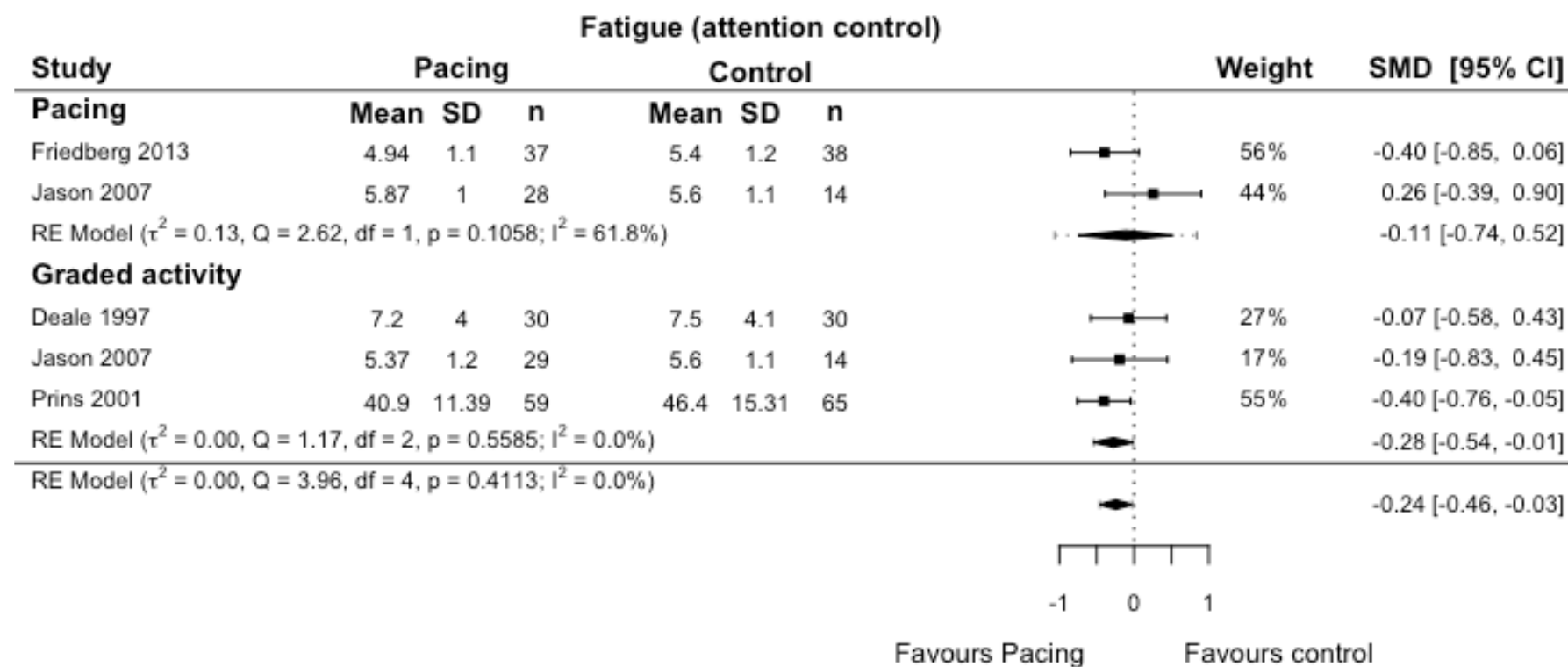
Study	Criterion											Total
	1*	2	3	4	5	6	7	8	9	10	11	
Al-Haggar et al, 2006	1	1	1	1	0	0	0	0	1	1	1	6
Deale et al, 1997	1	1	1	1	0	0	0	1	1	1	1	7
Friedberg et al, 2013	1	1	1	1	0	0	0	0	1	1	1	6
Friedberg et al, 2016	1	1	0	1	0	0	0	1	1	1	1	6
Jason et al, 2007	1	1	0	0	0	0	0	1	1	1	1	5
Keijmel et al., 2017	1	1	1	1	0	0	0	1	1	1	1	7
Knoop et al, 2008	1	1	1	1	0	0	0	1	1	1	1	7
Marques et al, 2015	1	1	0	1	0	0	0	0	1	1	1	5
Prins et al, 2001	1	1	1	1	0	0	0	0	1	1	1	6
Raijmakers et al., 2019	1	1	1	1	0	0	0	0	1	1	1	6
Stulemeijer et al, 2005	1	1	1	1	0	0	0	0	1	1	1	6
Tummers et al, 2012	1	1	1	1	0	0	0	1	1	1	1	7
White et al, 2011	1	1	1	1	0	0	0	1	1	1	1	7
Wiborg et al, 2015	1	1	1	1	0	0	0	0	1	1	1	6

Criterion were rated as either “yes” = 1 or “no” = 0 and were summed to provide an overall score out of 10. Domains assessed were: 1) Eligibility criteria were specified (note: this value is not included in the final score), 2) Subjects were randomly allocated to groups (in a crossover study, subjects were randomly allocated an order in which treatments were received), 3) Allocation was concealed, 4) The groups were similar at baseline regarding the most important prognostic indicators, 5) There was blinding of all subjects, 6) There was blinding of all therapists who administered the therapy, 7) There was blinding of all assessors who measured at least one key outcome, 8) Measures of at least one key outcome were obtained from more than 85% of the subjects initially allocated to groups, 9) All subjects for whom outcome measures were available received the treatment or control condition as allocated or, where this was not the case, data for at least one key outcome was analysed by “intention to treat”, 10) The results of between-group statistical comparisons are reported for at least one key outcome and 11) The study provides both point measures and measures of variability for at least one key outcome.

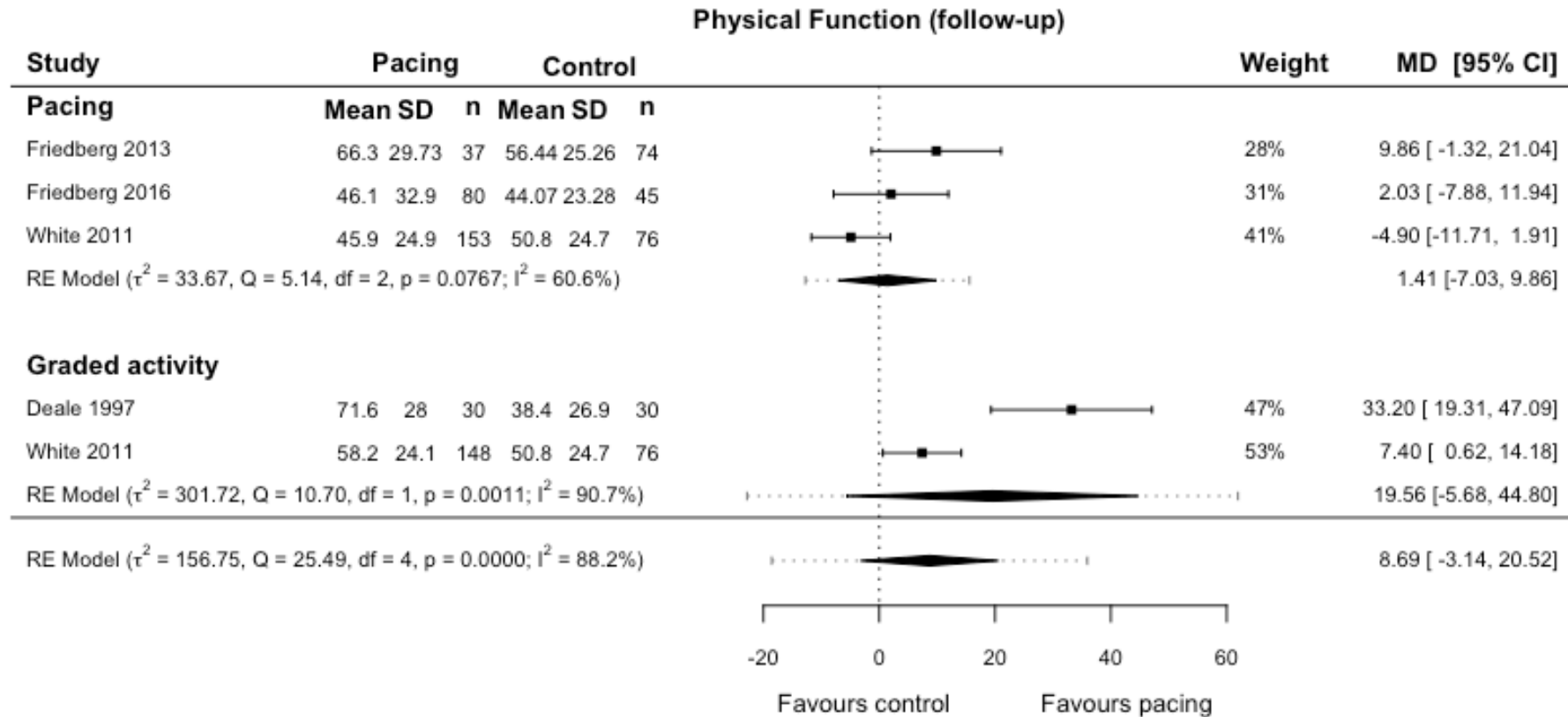
Supplementary figure 1: Forest plot for the effect of activity pacing on fatigue at follow-up



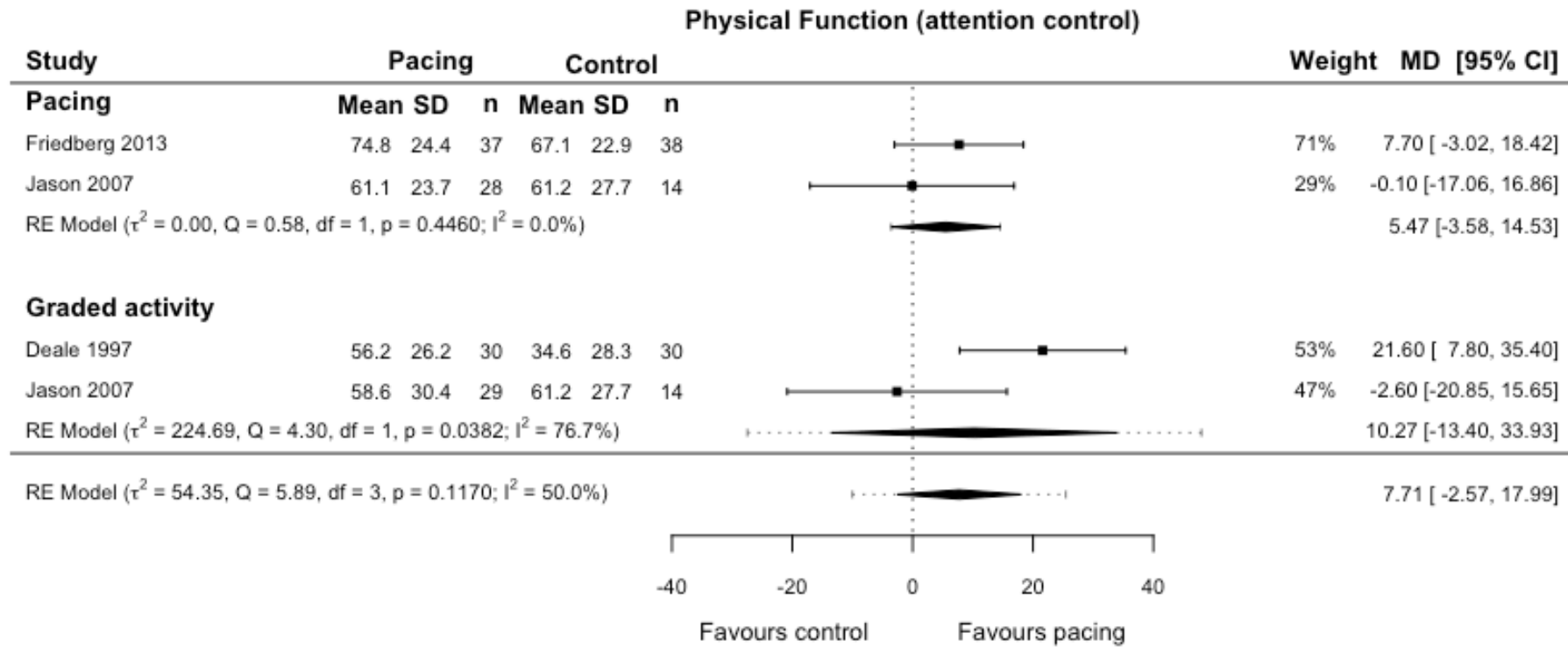
Supplementary figure 2: Forest plot for the effect of activity pacing on fatigue compared to attention-matched controls



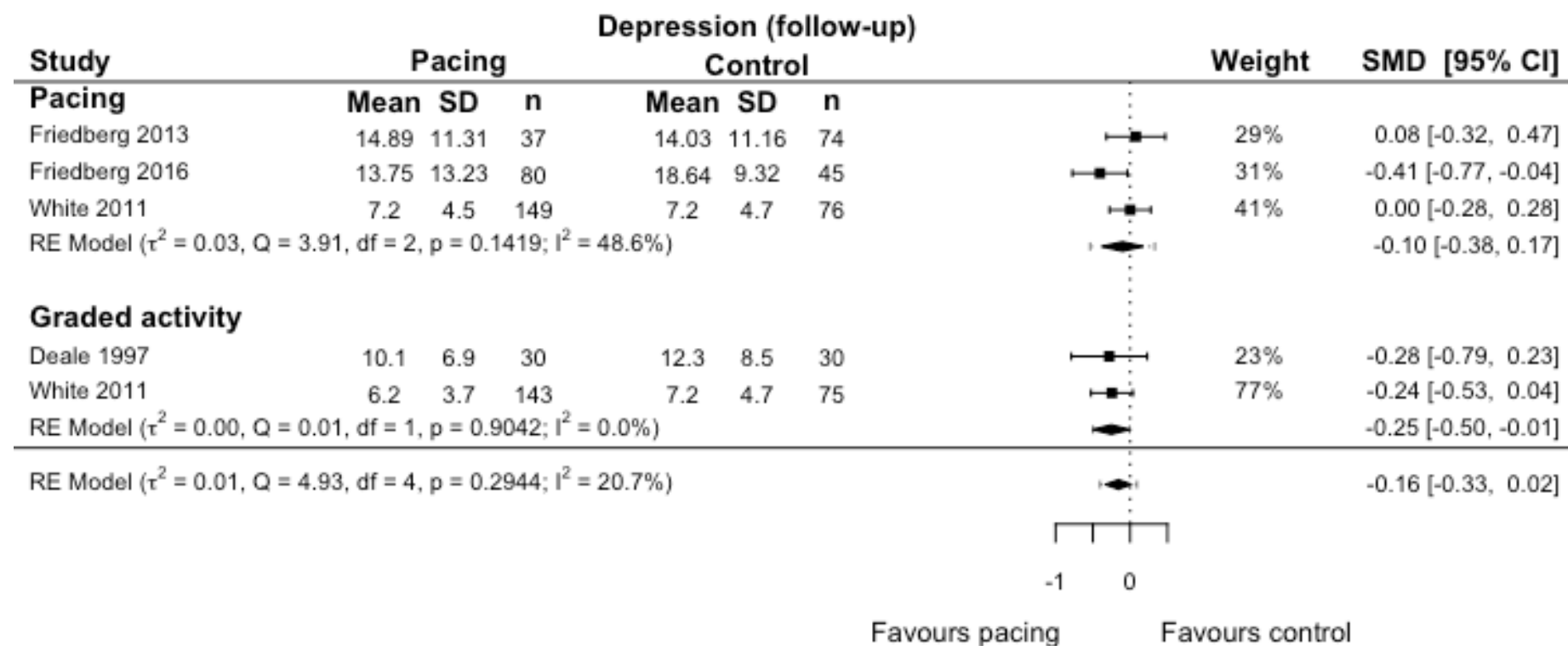
Supplementary figure 3: Forest plot for the effect of activity pacing on physical function at follow-up



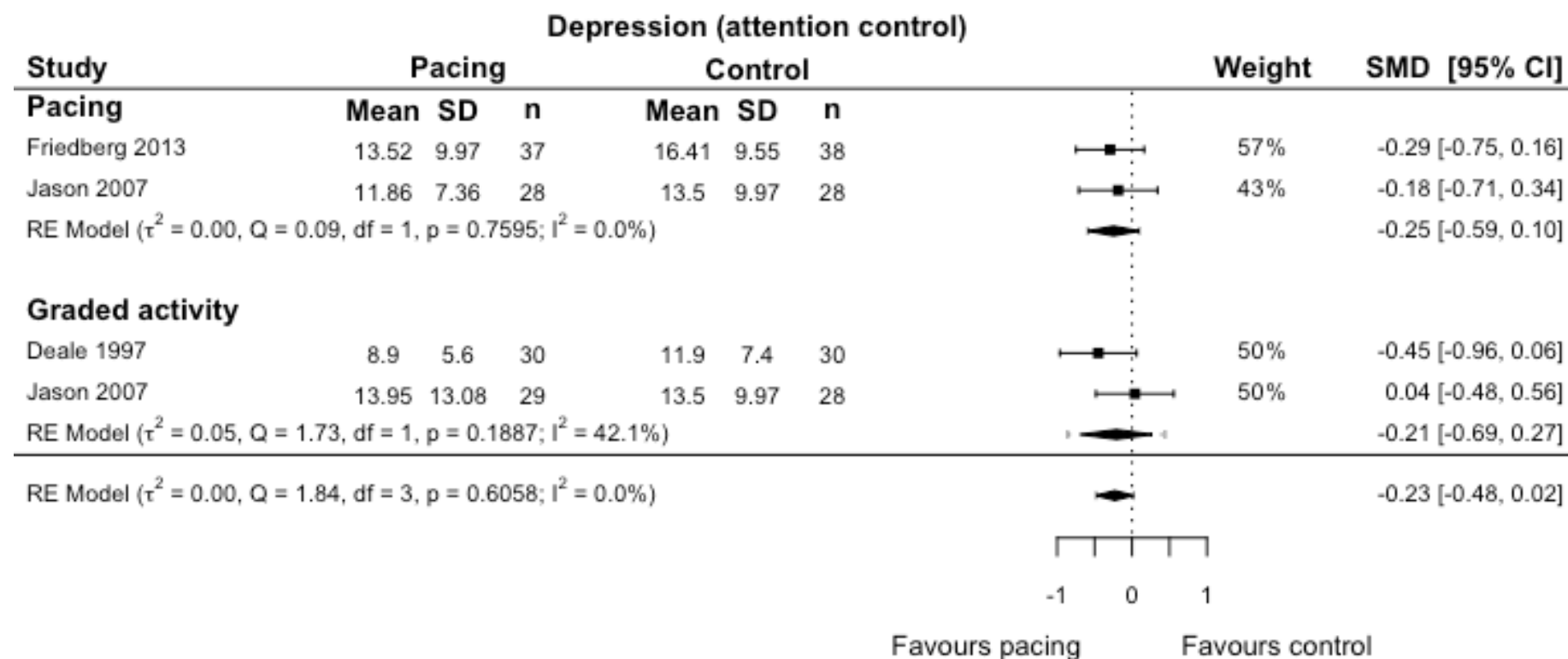
Supplementary figure 4: Forest plot for the effect of activity pacing on physical function compared to attention-matched controls



Supplementary figure 5. Forest plot for the effect of activity pacing on depression at follow-up



Supplementary figure 6. Forest plot for the effect of activity pacing on depression compared to attention-matched controls



Supplementary figure 7. Forest plot for the effect of activity pacing on anxiety at follow-up

