Fatigability and stress reactivity in patients with chronic fatigue syndrome versus healthy controls

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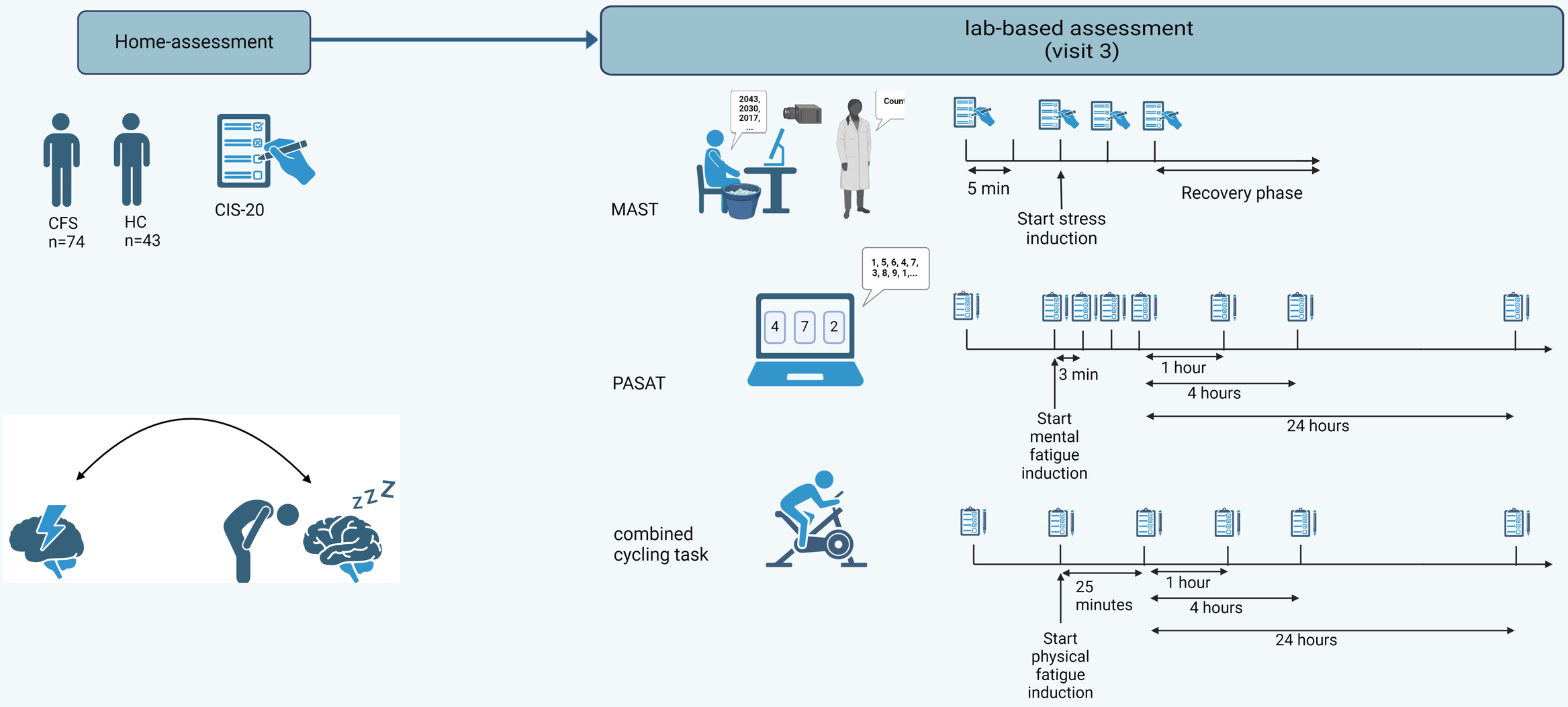
1. Background

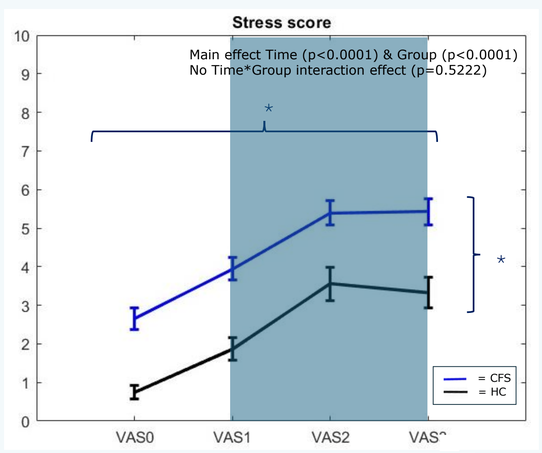
Chronic fatigue syndrome (CFS) is a biopsychosocial disorder, with **physical and mental fatigue** and **increased fatigability** as core symptoms. CFS is probably **heterogeneous** in nature, including possible underlying physiological and symptom perception dysfunctions. This study evaluates (the relationship between) **fatigability** and **stress reactivity** in patients with CFS (n = 74) and healthy controls (n = 43; HC).

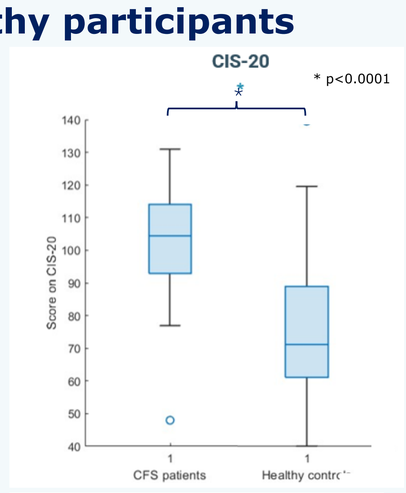
2. Methods

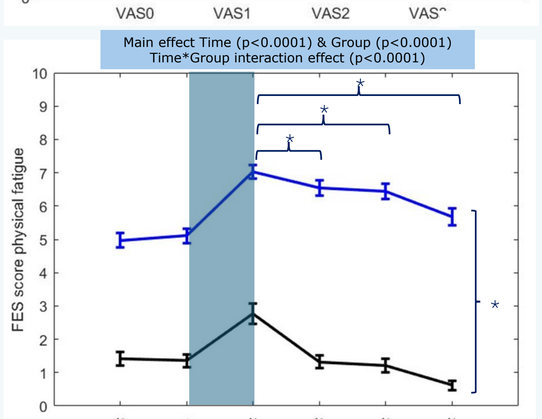


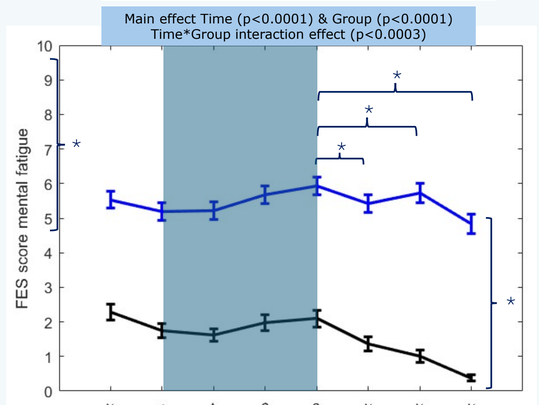
3. Results

a. Patients with CFS versus healthy participants

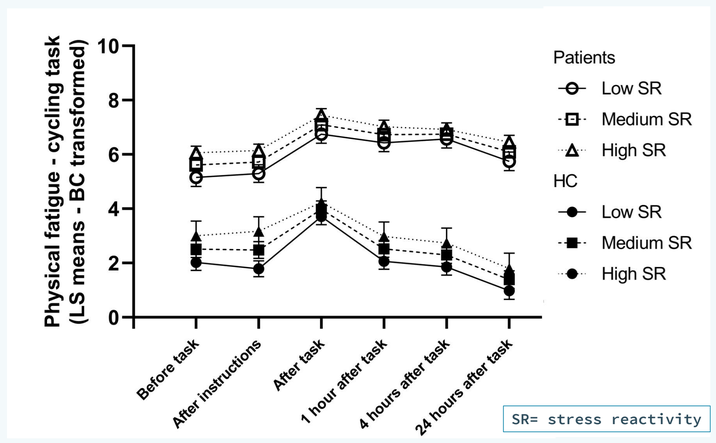


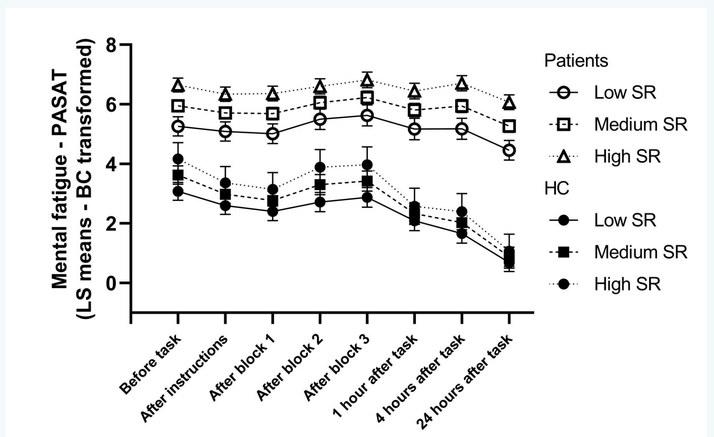






b. Relationship between stress & fatigue





4. Conclusion

Results show that patients with CFS experience higher mental and physical fatigue levels and that they recover more slowly up to 24 hours after both fatigue tasks, compared with HC. In addition, patients with CFS experience higher stress levels during a validated stress task. Furthermore, participants who experience more stress are also prone to experiencing more fatigue.