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| Table 3: Summary of biological factors shown to be significantly associated with the development of persistent fatigue at at least one time-point. | | | | | | | | | | | |  | |
|  |  | **Biological** |  |  |  |  |  | |  |  |
|  |  | *Haematological & biochemical parametres* |  | *Individual symptoms during acute illness* |  | *Number of acute symptoms* | |  | *Severity of acute symptoms* | *Pre-existing health issues* |  | |
|  |  | CD4/CD8 | AST | Fatigue | Other individual symptoms | General | Illness specific | |  | Fatigue | General health | |
|  |  |  |  |  |  |  |  | |  |  |  | |
| ***Total number of studies*** |  | 1 | 2 | 5 | 9 | 3 | 2 | | 4 | 3 | 2 | |
| **Sub-acute** |  | 1/1 | 1/2 | 2/3 | mixed\* | 2/2 | 0/1 | | 1/2 | 1/1\* |  | |
| **6 months** | chronic | 0/1 | 1/1 | 1/1 | mixed | 1/2 | 0/1 | | 1/3 | 1/2 | 1/1 | |
|  | CFS (any diagnostic criteria) |  | 0/1 | 3/4 | mixed | 1/1 | 0/1 | |  |  |  | |
| **Long term** |  |  |  | 1/1 | mixed | 1/1 |  | | 1/1 |  | 1/1 | |

\*Includes Petersen et al. (2006). Fatigue measured in ‘year after onset’ through database search of diagnoses and symptoms. Median = 55 days, therefore, included as sub-acute.

Note: In this table, and the following ones, the ratios denote the number of papers which report each respective risk factor as significant, out of the number of papers which investigated it as a risk factor.

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| --- | --- | --- | --- | --- | --- |
| Table 4: Summary of social factors shown to be significantly associated with the development of persistent fatigue at at least one time-point. | | | | | |
|  |  | **Social** |  |  |
|  |  | *Adverse events* | *GP interactions* |  |
|  |  |  | sick note | uncertain diagnosis |
| ***Total number of studies*** |  | 3 | 2 | 1 |
| **Sub-acute** |  | 0/1 |  |  |
| **6 months** | chronic | 0/2 | 1/1 | 1/1 |
|  | CFS (any diagnostic criteria) | 1/1 | 1/1 |  |
| **Long term** |  | 0/1 |  |  |

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| Table 5: Summary of behavioural factors shown to be significantly associated with the development of persistent fatigue at at least one time-point. | | | | | | | |
|  |  | **Behaviour** | |  |  |  |  |
|  |  | *All-or-nothing behaviour* | *Limiting behaviour* |  | *Previous GP attendance* | *General*  *functioning*  *(*reduced*)* | *Physical*  *functioning/fitness* (reduced) |
|  |  |  | Other | Bed-rest |  |  |  |
|  |  |  |  |  |  |  |  |
| ***Total number of studies*** |  | 1 | 3 | 2 | 2 | 2 | 2 |
| **Sub-acute** |  | 1/1 | 0/2 | 1/1 | 1/2\* | 1/1 | 2/2 |
| **6 months** | chronic |  | 0/1 | 0/1 | 0/1 | 0/1 | 1/2 |
|  | CFS (any diagnostic criteria) | 1/1 | 1/2 | 2/2 | 1/1 | 0/1 | 1/1 |
| **Long term** |  |  | 0/1 |  |  | 1/1 | 0/1 |

\*Includes Petersen et al. (2006). Fatigue measured in ‘year after onset’ through database search of diagnoses and symptoms. Median = 55 days, therefore, included as sub-acute.

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| Table 6: Summary of cognitive factors shown to be significantly associated with the development of persistent fatigue at at least one time-point. | | | | | | | | | | | | | | | |
|  |  | **Cognitive** |  |  |  |  |  | |  |  | | |  | |  |
|  |  | *Individual traits* |  |  |  | *Illness specific perceptions* | | | | | | | |
|  |  | Neuroticism | Negative perfectionism | Perceived stress | Attributional style | Identity | Timeline | Consequences | | | Control | Illness coherence  (low) | |
|  |  |  |  |  |  |  |  |  | | |  |  | |
| ***Total number of studies*** |  | 3 | 1 | 2 | 2 | 1 | 2 | 2 | | | 2 | 1 | |
| **Sub-acute** |  | 0/2 | 0/1 | 0/1 |  | 1/1 | 2/2 | 2/2 | | | 1/2 | 1/1 | |
| **6 months** | chronic | 1/2 |  |  | 1/1 |  | 1/1 | 1/1 | | | 0/1 |  | |
|  | CFS (any diagnostic criteria) | 1/2 | 1/1 | 1/2 | 1/1 | 0/1 | 1/1 | 0/1 | | | 0/1 | 1/1 | |
| **Long term** |  | 0/1 |  |  |  |  | 0/1 | 0/1 | | | 0/1 |  | |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Table 7: Summary of emotional factors shown to be significantly associated with the development of persistent fatigue at at least one time-point. | | | | | | | |
|  |  | **Emotional** |  |  |  |  |  |
|  |  | *Anxiety* | *Depression* | *Distress* |  | *Psychiatric diagnoses* | *Pre-morbid (pre-infection) distress* |
|  |  |  |  | General | Illness related |  |  |
|  |  |  |  |  |  |  |  |
| ***Total number of studies*** |  | 2 | 2 | 4 | 1 | 2 | 8 |
| **Sub-acute** |  | 1/2 | 1/2 | 1/1 | 1/1 | 0/2 | 1/4\* |
| **6 months** | chronic | 0/1 | 1/1 | 3/3 |  |  | 2/4 |
|  | CFS (any diagnostic criteria) | 2/2 | 1/2 | 0/1 | 1/1 | 1/2 | 1/3 |
| **Long term** |  |  |  | 0/1 |  | 0/1 | 1/3\*\* |

\*Includes Petersen et al. (2006). Fatigue measured in ‘year after onset’ through database search of diagnoses and symptoms. Median = 55 days, therefore, included as sub-acute.

\*\*Includes Hotopf et al. (1996). Fatigue time-point was 6-24 months. Mean = 18 months, therefore, included as long term.