

Impact of Illness on Quality of Life



PROJECT OVERVIEW

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) is a poorly understood, debilitating and multisystemic disorder affecting approximately 200,000 Australians. People with ME/CFS have a lower quality of life (QoL) when compared with healthy individuals and other chronic illnesses. However, illness presentation and QoL are yet to be investigated over time. Further, there is a significant overlap between ME/CFS and Post Viral Fatigue Syndromes (PVS), like Long COVID. Therefore, this project aims to follow people with ME/CFS and Long COVID over time to observe changes in symptom presentation and QoL. Further, we aim to make comparisons with other multi-systemic illnesses, such as Fibromyalgia (FM), Multiple Sclerosis (MS), and Rheumatoid Arthritis (RA).

We are recruiting the following participants:

- ME/CFS group: participants who have received a diagnosis of ME/CFS (where diagnosis was made using the CCC 2003 or ICC 2011 definitions).
- PVS group: participants reporting chronic symptoms following a known viral infection but have not received a diagnosis of ME/CFS nor other medical explanation for the symptoms.
- Long COVID or Post COVID-19 Condition: meeting the World Health Organization case definition.
- People with FM, MS, and RA.
- Control group: participants who report no health concerns.

The inclusion criteria are as follows:

- Aged 18 to 65 years old.
- Non-smoker.
- History of malignancy within the past 5 years.
- If you are a person with ME/CFS or Long COVID, you will not be able to participate in this research if you have received a diagnosis of an autoimmune disease.
- Not pregnant or breastfeeding.

This study involves:

- Completion of three online questionnaires (in English) every six months.

Participants will receive a \$25 Coles e-voucher and enter the draw to win \$75, \$100 and \$150 Coles e-voucher drawn half-yearly.

If you are interested in participating, please contact ncned@griffith.edu.au or call on (07) 5678 9283.

We would like to thank everyone for their support.



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