### Oxford consensus criteria (1991) [1]

- **Nomenclature**
  - CFS, postinfectious fatigue syndrome (PIFS)

- **Consensus meeting of UK and Irish specialists**
  - CFS

### US Centers for Disease Control and Prevention chronic fatigue syndrome (‘Fukuda’) (1994) [2]

- **Nomenclature**
  - CFS/ME (systemic exertion intolerance disease (SEID) proposed as an alternative name)

- **Consensus meeting of international specialists**
  - Comprehensive analysis of the literature and expert consultation

### Institute of Medicine (IOM) diagnostic criteria for CFS/ME (2005) [3]

- **Required symptom(s)**
  - Either:
    - **CFS**:
      - Fatigue, definite onset, severe and disabling, affects physical and mental functioning, < 6 months' duration (symptoms present at least 50% of the time).
      - Or:
    - **PIFS** (a subtype of CFS):
      - Fulfills the criteria for CFS as defined above
      - Definite evidence of infection at onset or presentation (a patient’s self-report is unlikely to be sufficiently reliable)
      - The syndrome is present for a minimum of 6 months after infection
      - The infection has been corroborated by laboratory evidence.

  - **Fatigue**:
    - Clinically evaluated, unexplained, persistent, or relapsing fatigue lasting more than 6 months.
    - Of new or definite onset (more than 6 months ago)
    - No relief by rest
    - Results in a substantial reduction in previous levels of occupational, social, or personal activity.
    - Plus 4 or more of the following symptoms that persist or recur during 6 or more consecutive months and that do not predate the fatigue:
      - Self-reported impairment of short-term memory or concentration
      - Sore throat
      - Tender lymph nodes
      - Muscle pain
      - Multi joint pain without swelling or redness
      - Headaches of a new type, pattern, or severity
      - Unrefreshing or interrupted sleep
      - Postexertional malaise (a feeling of general discomfort or uneasiness) lasting more than 24 hours.

- **Optional symptom(s)**
  - Other symptoms may be present, particularly myalgia, altered mood, and sleep disturbance (not deemed essential to the CFS diagnosis).

  - **Exclusions are:**
    - Patients with established medical conditions known to produce chronic fatigue (e.g., severe anemia) even if this is diagnosed following the suspected diagnosis of CFS
    - Schizophrenia
    - Bipolar disorder
    - Substance misuse
    - Eating disorder
    - Proven organic brain disease.

  - **Psychiatric exclusions include any past or current diagnosis of:**
    - Major depressive disorder with psychotic or melancholic features
    - Bipolar disorder
    - Schizophrenia
    - Delusional disorders
    - Dementia
    - Anorexia nervosa
    - Bulimia nervosa.

  - **Also exclusions:**
    - Alcohol or other substance misuse within 2 years before the onset of the chronic fatigue and at any time afterward
    - Severe obesity

  - **Clarifications of ambiguities regarding inclusion of well controlled conditions such as diabetes and thyroid disease (4) and exclusion of depression, substance misuse, and other psychiatric disorders in the past 5 years have been published.**

### Exclusionary conditions

- **Exclusions are:**
  - Patients with chronic medical illnesses that cause fatigue such as anemia, chronic heart failure, autoimmune and other inflammatory diseases, untreated hypothyroidism, sleep apnea, narcolepsy, previously treated malignancies, and unresolved cases of hepatitis B and C are exclusions.
  - Psychiatric exclusions include any past or current diagnosis of:
    - Major depressive disorder with psychotic or melancholic features
    - Bipolar disorder
    - Schizophrenia
    - Delusional disorders
    - Dementia
    - Anorexia nervosa
    - Bulimia nervosa.

  - **Also exclusions:**
    - Alcohol or other substance misuse within 2 years before the onset of the chronic fatigue and at any time afterward
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  - **Clarifications of ambiguities regarding inclusion of well controlled conditions such as diabetes and thyroid disease (4) and exclusion of depression, substance misuse, and other psychiatric disorders in the past 5 years have been published.**

### Comorbidities (not necessarily exclusionary)

- **The following are not necessarily reasons for exclusion:**
  - Depressive illness
  - Anxiety disorders
  - Hyperventilation syndrome.

### References