

| Approaches | Not at all helpful | Reasonably helpful | Very helpful |
|--------------------------------|--------------------|--------------------|--------------|
| The Lightning Process | 20% | 36% | 44% |
| Pacing | 6% | 56% | 38% |
| NHS Sussex CFS/ME Service | 24% | 48% | 28% |
| Hospital consultant | 29% | 45% | 26% |
| Special Pain Med | 35% | 39% | 26% |
| Specialist CBT | 26% | 50% | 24% |
| GP | 24% | 53% | 23% |
| Nutrition | 18% | 59% | 23% |
| NHS Kent CFS/ME Service | 25% | 54% | 21% |
| Amitriptyline etc (Tricyclics) | 34% | 46% | 20% |
| Yoga | 21% | 59% | 20% |
| Lifestyle courses (EPP & NHS) | 20% | 64% | 16% |
| Sertraline etc(SSRIs) | 33% | 52% | 15% |
| Acupuncture | 43% | 43% | 14% |
| Homeopathy | 43% | 44% | 13% |
| Specialist GET | 37% | 51% | 12% |