

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%