

P02-320 - CHRONIC FATIGUE SYNDROME: AN EFFECTIVENESS STUDY OF A BRIEF MINDFULNESS-BASED COGNITIVE TREATMENT PROGRAM

B. Stubhaug^{1,2}, G. Kvale², Frihamnsenteret Clinical Research Center of Psychological Medicine

¹*Helse Fonna HF, Haugesund, ²University of Bergen, Bergen, Norway*

Patients (n=70) fulfilling criteria for Chronic Fatigue Syndrome (CFS) were offered a brief (4 days) group treatment program based on education, stress reduction through mindfulness training, cognitive-oriented therapy focusing on coping abilities, and physical activity with body awareness. Patients were referred from GPs and medical specialist centres to a specialist CFS clinic, recruited consecutively, participated in groups of 8, in an open naturalistic study.

Outcome measures were assessed pre and post (1 week and 3 months post) treatment, through self-report questionnaires. There was a significant decrease on all symptom scales (Fatigues Scale), significant increase in level of functioning (SF-36) and changes in illness perception (Illness Perception Questionnaire) towards more coping and less impairment. The treatment program seems to be an effective model for improving symptoms and impairment in CFS. The results indicate that CFS can be treated effectively and that the prognosis is far less gloomy than often expected. The attitude among professionals and public towards treatment and prognosis of CFS should be challenged.