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From the horse's mouth : demystifying the experiences of living with chronic fatigue syndrome.

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Abstract

There has been an increasing awareness and investigation of Chronic Fatigue Syndrome. While there has been extensive debate as to what it is called, what the symptoms include, and how to treat them, the experiences of people living with the syndrome have largely been lost and unheard. Such research could be beneficial in facilitating the identification of supportive interventions designed to improve the mental health quality of life of this population. The present study sought to explore the experiences of people living with CFS internationally, as well as locally. Using a qualitative research paradigm, the posts of participants on a Facebook group for people with CFS were analysed using thematic content analysis to pick up prominent themes. At the same time a focus group was conducted locally in South Africa. The findings highlight the challenges of living with Chronic Fatigue Syndrome and implications for future research are discussed.