

[REDACTED]

**From:** [REDACTED]  
**Sent:** 06 August 2021 16:09  
**To:** Paul Chrisp [REDACTED]  
**Cc:** [REDACTED]  
**Subject:** Proposed final guidance on ME/CFS - Royal College of Psychiatrists concerns

Dear Paul

I'm sending this on behalf of [REDACTED] to formally let you know that the Royal College of Psychiatrists will not be able to support the current version of your guidance on Myalgic encephalomyelitis (or encephalopathy)/chronic fatigue syndrome shared under embargo with us as registered stakeholder yesterday.

While we have not had time to review the version in full, in light of the limited changes that seem to have been made, we continue to have substantive concerns that the proposed guidance will lead to worse patient care and outcomes in the way it emphasises living with CFS/ME over the established treatment approaches. We also have concerns about the failure to engage with or even at times respond to what we consider to be well reasoned criticisms of the way the committee have approached the evidence.

We also maintain a different view to the Committee on the discrepancy between this proposed guidance and the guidance under development on chronic pain in their respective divergent recommendations on GET and CBT. Indeed, publishing the guidance in its current form has the potential to undermine the treatment approach to managing fatigue in all neurological conditions and also long COVID.

You will recall we have previously raised our concern about the lack of psychiatric expertise on the Committee, which we believe has contributed to the way mental health and psychological factors have been considered throughout the process. In our view the proposed guidance is likely to perpetuate the stigma that there is a hierarchy of illness with mental illness seen as less important, and that treatments such as CBT are of less value than for example pharmacological interventions.

While I appreciate these are broad points, I wanted to alert you at this early stage that we continue to have major concerns about this guidance.

Best wishes

[REDACTED]



[REDACTED]  
Royal College of Psychiatrists



[REDACTED]



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21 Prescot Street London E1 8BB