

Figure S1: Assessment of Post-Exertion Malaise in patients with Myalgic Encephalomyelitis / Chronic Fatigue Syndrome

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PATIENT: NAME FIRST NAME DATE OF BIRTH /.... /.....

ASSESSMENT DATE: /.... /.....

MPE ASSESSMENT

A. MPE FEATURES

A.1 MPE Stressors:

Q: What makes your symptoms worse?

Physical exertion: ☐

Cognitive exertion: ☐

Emotional stress: ☐

Orthostatism: ☐

Other stressors:
.....

A.2 Timing of onset of symptom exacerbation after stressor:

Q: After a stressor, your symptoms get worse?

Immediately <1h: ☐

Delayed: ☐ 1-3h ☐ 3-6h ☐ 6-12h

☐ 12-24h ☐ >24h

Both: ☐

A.3 MPE manifestations:

A.3a Exacerbation of baseline ME/CFS symptoms:

Q: Please describe your symptoms that get worse after stressor

Physical fatigue: ☐

Cognitive difficulties: ☐

Brain fog: ☐

Unrefreshing sleep: ☐

Flu-like symptoms: ☐

Sore throat: ☐

Myalgia: ☐

Arthralgia: ☐

Nausea: ☐

Mood disorders: ☐

Headache: ☐

Neurological: ☐

Other symptoms:

A.3b Emergence of new or non-typical symptoms (different from habitual baseline symptoms):

Q: Do you develop new symptoms different from that you usually experience?

☐ Yes ☐ No

Q: If yes, please describe these symptoms

.....
.....

Q: If yes, when do these new or non-typical symptoms appear?

- ☐ Before onset of baseline symptom exacerbation
- ☐ Concomitant with baseline symptom exacerbation
- ☐ After baseline symptom exacerbation

A.4 PEM duration (recovery time):

Q: How long does baseline symptom exacerbation last?

- ☐ 24h
- ☐ 1-3 days
- ☐ 3-7 days
- ☐ > 1week
- ☐ > 1month

A.5 MPE perception:

Q: How do you feel about your experience of PEM? (in the patient's own words)

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B. MPE SEVERITY (CDC SI, Wagner et al. 2005)

B.1 MPE frequency:

Q: During the past month, how often have you had unusual fatigue after exertion?

- ☐ A little of the time
- ☐ Some of the time
- ☐ Most of the time
- ☐ All of the time

B.2 MPE intensity:

Q: During the past month, how bad was your unusual fatigue after exertion?

- ☐ Mild
- ☐ Moderate
- ☐ Severe

B.3 MPE Severity Score: