

NEWCASTLE RESEARCH GROUP M.E./CFS SCORE CHART

1	Has there ever been any evidence, either illness or titre, of past viral infection?	1	
2	FATIGUE		
(a)	Are you less than 33% efficient per full day including hobbies after work, etc.?	2	
(b)	Do you need a period of bed or settee rest:		
	- during each day?	3	
OR	- on 2 or 3 days per week?	2	
3	Have you excessive fatigue after work effort?	2	
4	Do you have nocturnal sweats or cold feelings?	2	
5	EVIDENCE OF DISTURBED MENTAL ACTIVITY		
(a)	Do you have difficulty finding the correct words?	1	
(b)	Can you write a long letter without your handwriting ability deteriorating?	1	
(c)	Do you tire if you have to talk for long?	1	
6	FAINT ATTACKS (VASOMOTOR CNS INSTABILITY)		
(a)	Do you tend to have faint attacks?		
	- and lose consciousness	3	
OR	- without loss of consciousness but have to sit or lie down?	2	
7	Do you feel fatigued upon waking?	1	
8	Can you stand a lot of "chatter"? (Hyperacusis)	1	
9	Do you have cold or numb feelings in your extremities or face?	2	
10	Is your gait consistent with your age or is it that of a person much older or unsteady?	1	
	TOTAL	21	

A score of 15 on this chart is highly suggestive of M.E.