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### **Predictors of Change Following Participation in Non-pharmacologic Interventions for CFS**

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**Abstract:** The purpose of this study was to evaluate predictors of change in physical function in individuals diagnosed with chronic fatigue syndrome (CFS) following participation in nurse delivered, non-pharmacologic interventions. Participants with CFS were randomly assigned to one of four, 6-month interventions:

behavior therapy, cognitive therapy, anaerobic exercise, or a relaxation technique. Baseline measures including immune function, actigraphy, time logs, and psychiatric diagnosis significantly differentiated those participants who changed over time from those who did not. Understanding how patients differentially respond to non-pharmacologic interventions might provide insight into the pathophysiology of this illness.

**Key words:** [Subgroups](#), [Immunologic markers](#), [Actigraphy](#), [CFS](#), [Treatments](#)

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