

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

ANGERS UNIVERSITY HOSPITAL - INTERNAL MEDICINE DEPARTMENT

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)

.....

B. MPE SEVERITY

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: