

CHRONIC FATIGUE SYNDROME SYMPTOMS



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POST-TRAUMATIC STRESS DISORDER LIBRARY



fatigue



severe headaches



loss of memory or concentration



sleeping problems



muscle pain



sore throat

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POST-TRAUMATIC STRESS DISORDER Factsheet

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What is chronic fatigue syndrome?

Chronic fatigue syndrome is a widely accepted medical condition characterised by extreme fatigue. The fatigue lasts for at least six months, worsens with physical or mental activity, and does not improve with rest. The fatigue cannot be explained by an underlying medical condition. The causes of chronic fatigue syndrome are still being investigated, but may include viral infection and/or exposure to psychological stress.

What is the evidence for chronic fatigue syndrome in people with PTSD?

Moderate to low quality evidence finds a medium-sized effect of increased rates of chronic fatigue syndrome in people with previous exposure to trauma.

For more information see the technical table



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate