

Calling People with ME/CFS or Long Covid **to take part in a research study.**

We are looking for adults with myalgic encephalomyelitis (ME), also known as Chronic Fatigue Syndrome (CFS) or Long Covid (LC) to take part in a study to develop a clinical assessment toolkit.

We are working with people with ME/CFS/LC and ME/CFS services to co-produce a series of measurement tools to help identify, understand and quantify people with ME/CFS/LC's symptoms and disabilities, support goal setting and treatment planning, and monitor changes. Collectively these form the clinical assessment toolkit.

The 3rd measurement tool assesses activity levels and is called the ME Activity Questionnaire (MEAQ). We would like people with ME/CFS/LC to complete the MEAQ online to check that it captures the issues that are important to people with ME/CFS/LC, is easy to complete, and produces good quality information/data. We will use the information from this survey to revise this draft tool as needed to produce the final version.

The MEAQ takes 20-30 minutes to complete, but it can be done in 'chunks' to aid pacing. It is fine for someone to help you.

If you are interested, further details and the link to complete the survey are found here:

https://www.qualtrics.manchester.ac.uk/jfe/form/SV_4GBQxvdf3mgdW1ET
Two weeks after completing the survey, we will send a link to repeat it. This is so we can check how people's symptoms fluctuate over the short term and whether the MEAQ picks them up.

If you have any questions, don't hesitate to contact the chief investigator, Prof Sarah Tyson at Sarah.tyson@manchester.ac.uk

