FUNCAP-27 (Functional Capacity), A Repeat Measure Study (FARMS), A survey to establish the utility of the FUNCAP-27 for serial measurements in Myalgic Encephalomyelitis, Chronic Fatigue Syndrome (ME/CFS) and Long Covid

ACTRN12624001479594

Status	RECRUITING
Sponsor	The University of Melbourne
Enrollment	1,000 participants

Plain Language Summary

Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS) and Long COVID are debilitating conditions that cause overwhelming fatigue, post-exertional malaise (feeling significantly worse after any activity), unrefreshing sleep, and brain fog. People living with these conditions experience significant variation in their symptoms day to day and can find it very difficult to track their own functional capacity in a meaningful way.

The FUNCAP-27 is a questionnaire designed to measure how much a person with ME/CFS or Long COVID feels they can do on any given day — essentially a snapshot of their perceived functional capacity. This study is testing whether this questionnaire can reliably detect short-term changes, both when a person is at their baseline and when they are experiencing a 'crash' (post-exertional malaise). If reliable, FUNCAP-27 could become a valuable outcome measure in future clinical trials for these conditions.

You may be eligible if you are aged 18 to 70 years with an existing diagnosis of ME/CFS and/or Long COVID that meets standard criteria, and have sufficient English proficiency to complete online questionnaires. The questionnaire can be completed with carer assistance and paused if needed. This study involves no in-person visits, medications, or physical procedures — only completing three short online surveys.

Key Eligibility Criteria

Inclusion (1)

- An existing diagnosis of ME/CFS and/or Long Covid

Exclusion (6)

- English language not considered to be at a proficient level
- Not meeting all aspects of the NICE guidelines as below:
- a. Debilitating fatigue that is worsened by activity, is not caused by excessive cognitive, physical, emotional or social exertion, and is not significantly relieved by rest.
- b. Post-exertional malaise after activity in which the worsening of symptoms: is often delayed in onset by hours or days, is disproportionate to the activity, and has a prolonged recovery time that may last hours, day or weeks.
- c. Unrefreshing sleep and sleep disturbance (or both), which may include: feeling exhausted, feeling flu-like and stiff on waking, broken or shallow sleep, altered sleep pattern or hypersomnia (increased sleepiness affecting performance and function)

... and 1 more (see full listing online)

Locations (1 total)

ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

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