Version 1 26/6/2026

The experiences of physiotherapy in the UK for people with Myalgic Encephalomyelitis (ME)/Chronic Fatigue Syndrome (CFS)

Participant Debrief Sheet

Thank you for participating in this **online survey.** Your responses are part of a study that aims to explore the experiences of physiotherapy for people with Myalgic Encephalomyelitis /Chronic Fatigue Syndrome (ME/CFS). Every experience is valuable so we really appreciate your thoughts on this topic. We hope that by providing this information you will help people in the future who develop post-viral conditions such as ME/CFS.

We hope that you have found it interesting and have not been upset by any of the topics discussed.

If you have any queries about the study or wish to speak with a member of the research team, please contact: **Dr Nicola Clague-Baker – nicola.baker@liverpool.ac.uk. Tel: 07912950671**

If you have found any part of this experience to be distressing, please consider speaking with someone that you trust such as a family member or friend. You may also consider speaking with one of the organisations below for additional support:

Organisations	
NHS Direct	NHS talking therapies https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/
The ME Association	www.MEAssociation.org.uk ME Connect: 0800 538 5200
Physiosforme	People with ME | Physiosforme
Long COVID Physio	www.longcovidphysio.com
Action for ME	https://www.actionforme.org.uk/
ME Action	https://www.meaction.net/

Also:

- 24 hours access https://www.samaritans.org/how-we-can-help/contact-samaritan/
- Free counselling on the NHS https://www.nhs.uk/service-search/find-a-psychological-therapies-service/
- Also please contact your GP if you need further support.