



The Rise and Fall of the Psychosomatic Approach to Medically Unexplained Symptoms, Myalgic Encephalomyelitis and Chronic Fatigue Syndrome

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Abstract

The psychosomatic approach to medically unexplained symptoms, myalgic encephalomyelitis and chronic fatigue syndrome (MUS/ME/CFS) is critically reviewed using scientific criteria. Based on the 'Biopsychosocial Model', the psychosomatic theory proposes that patients' dysfunctional beliefs, deconditioning and attentional biases cause or make illness worse, disrupt therapies, and lead to preventable deaths. The evidence reviewed suggests that none of these psychosomatic hypotheses is empirically supported. The lack of robust supportive evidence together with the use of fallacious causal assumptions, inappropriate and harmful therapies, broken scientific principles, repeated methodological flaws and an unwillingness to share data all give the appearance of cargo cult science. The psychosomatic approach needs to be replaced by a scientific, biologically grounded approach to MUS/ME/CFS that can be expected to provide patients with appropriate care and treatments. Patients with MUS/ME/CFS and their families have not been treated with the dignity, respect and care that is their human right. Patients with MUS/ME/CFS and their families could consider a class action legal case against the injuring parties.

1. INTRODUCTION

This review concerns a story filled with drama, pathos and tragedy. It is relevant to millions of seriously ill people with conditions that have no known cause or cure.¹ Effective care for such patients is almost zero, with bed rest, hope and prayer being the only safe remedies. The drama began in Los Angeles in 1934 when an outbreak of 'epidemic neuromyasthenia' hit the news [1]. Similar outbreaks occurred in many other places: Iceland, South Africa, Australia, Switzerland, Denmark, and London. No medical solution has yet been forthcoming, and patients continue to suffer. Their tragic story is yet to be taken seriously and waiting to be told. This review is dedicated to them. The focus is the psychosomatic approach of psychiatrists, psychologists and others within the 'psychosomatic school' (PS).

In 2017, a critical analysis of the largest randomised trial of therapies for patients with ME/CFS (PwME/CFS) appeared in the *Journal of Health Psychology: Special Issue on the PACE trial* [2-4]. Since that publication, there have been major changes in the clinical and scientific approach to the spectrum known as 'medically unexplained symptoms'(MUS)², myalgic encephalomyelitis (ME) and chronic fatigue syndrome (CFS). It is possible that the psychosomatic approach (PA) will be offered to patients with long-term COVID-19-related conditions, which is showing a similar symptom profile to ME/CFS.³ The UK's Office of National Statistics (2022) reported that the prevalence of long-term symptoms following COVID-19 infection on 1 December 2022 was 2.2 million people. On this estimate, the number of long-term COVID-19 cases globally could eventually be

as high as two hundred million. It appears timely to review the scientific evidence concerning the PA to the syndromes falling under the 'MUS/ME/CFS' umbrella. This review is relevant to patients, specialists, and scholars of the history of medicine and to those concerned with the demarcation between science and pseudoscience.

This review is structured as follows. First, I introduce seven criteria that are applicable to any scientific programme. I describe the 'Biopsychosocial Model' (BPSM) associated with the psychosomatic approach to MUS/ME/CFS. Next, I introduce relevant clinical issues concerning MUS/ME/CFS and the principal influencers and adopters of the approach associated with the 'Psychosomatic School' (PS). I proceed with an evidence review of the school's hypotheses about the causes of MUS/ME/CFS, which involve 'dysfunctional thoughts' (H1), deconditioning (H2) and biased attention (H3). I discuss the fundamental error of equating statistical association with causation, which is a prominent feature of PS research publications. I consider the findings on treatment harms the invalidation of patient experience in real world studies. I describe the inbuilt lack of scientific principles in the clinical trials organised by the PS. The pseudoscientific cults of the 'Lightning Process' and 'Neurolinguistic Programming' used by the PS and the 'SMILE trial' with 100 National Health Service 12-18-year-old patients are reviewed. Next, I review the political and corporate drivers of the PS approach showing the close connections with the drive to cut benefits to patients with long-term illnesses and the profit motive in the insurance industry. I appraise the scientific credentials of

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