

## **Vitality360's response to the PACE Trial Controversy:**

### **Summary**

The PACE (Pacing, graded Activity, and Cognitive behaviour therapy) which was a randomised Evaluation trial published in 2011) has recently been criticised by some people for having an alleged lack of stringent control measures in place and for failing to be unbiased.

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(11\)60096-2/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(11)60096-2/fulltext)

All of this can prove concerning and confusing for those people who are seeking an effective intervention for the management of their CFS/ME condition.

Here at Vitality360, we are passionate about ensuring that our programmes deliver quantifiable results and that our team of clinicians are adhering to the recommendations of latest research. Given the controversy regarding this central piece of research, we would like to address these concerns from the context of our position as experts in the delivery of rehabilitation programmes in this field.

We have based our interventions to date on this original research and our experience tells us that they work. However, these Interventions have been embedded at Vitality360 within a multi-disciplinary approach and not used in isolation.

What we have learnt from the research and our experience is that by embarking on an individualised programme of graded exercise or activity, people can manage symptoms, improve their health and engage in more activities than they were at the start of treatment.

At Vitality360 we will continue to take pride in the collaborative approach that we bring to delivering rehabilitation programmes for people with these debilitating conditions, and we will continue to contribute to the ongoing professional debate within our field of expertise.