

Research participants wanted

Chronic fatigue syndrome: Leptin, interleukin 6 and clinical symptoms.

What is Chronic Fatigue Syndrome?

Chronic fatigue syndrome (CFS) is characterised by a constellation of symptoms in previously healthy and active individuals.

Because of these symptoms, quality of life of people with CFS can be extremely compromised. While the search for a clear-cut cause remains elusive, we believe that we can make a major contribution to a person's quality of life by elucidating the biological basis of their clinical symptoms.

If the biology underlying the disabling symptoms of CFS is elucidated, we will be able to target treatments aimed at symptomatic improvement.

What is the purpose of this study?

To evaluate the relationship of the hormones (cytokines) Leptin and Interleukin-6 on the symptoms of Chronic Fatigue Syndrome. We can test these by using a blood sample. We are also embarking on the development of a genetic database for CFS.

Who are we looking for?

Adults 18-65 years-old. Participants must be fluent in English. People able to answer simple questionnaires without any help from others. You must also be Non-pregnant and not breast-feeding.

Those without serious active medical or mental illness that may affect the results for Chronic Fatigue Syndrome. We will exclude Obesity Class II (World Health Organisation) Body Mass Index greater than 34.99. Those not taking medications such as sleeping pills. Those not using illicit drugs or abusing alcohol in the last 3 months.

Healthy Participants?

We also want healthy people to participate. You will undergo the same procedures as those with CFS. This will
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enable us to compare healthy people and those who have CFS.

What are we going to do?

- Ask you questions regarding your medical history (past and present), including mental health, your mood, food intake, smoking and alcohol consumption.
- Assessment part 1: An initial interview and questionnaires, then collect 19mls of your blood for a health assessment (Approximately 3 hrs.).
- Assessment part 2 (9.5 hrs. - 8am to 17.30 hrs.): Complete a DEXA scan (dual-energy X-ray absorptiometry) and take bloods across a normal day (9am – 5pm), taking blood samples every 7 minutes. A cannula will remain in your arm throughout the day allowing us to take the samples easily. You will complete some visual scales to indicate how you are feeling each hour. A genetic sample will be taken from this phase of the assessment (phase two). Please note that the genetic sample is for use in later research into CFS, and will help us develop a genetic database for this disease. We will provide you with food, drinks and entertaining material (iPad / magazines / TV).
- Your samples and research data will be de-identified which makes them anonymous.
- Participants who complete the study (must include assessment part 2 described above) will be given a \$100 voucher for participation in this study.

The Bellberry Human Research Ethics Committee has reviewed and approved this study in accordance with the National Statement on Ethical Conduct in Human Research (2007) – incorporating all updates.

If you want to participate please contact:

Dr Michael Musker, Research Fellow,

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