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Chronisches Erschöpfungssyndrom

Evidenzbasierte Psychotherapie bei chronischer organisch unklarer Erschöpfung

Erschöpfung ist ein unspezifisches Symptom, das im Rahmen zahlreicher psychischer und auch somatischer Krankheiten zu beobachten ist – jedoch auch als primäres Symptom ohne hinreichend bekannte medizinische Erklärung ein Problem darstellen kann. Unter dem Oberbegriff „chronisches Erschöpfungssyndrom“ („chronic fatigue syndrome“, CFS) werden die Zustände zusammengefasst, bei denen anhaltende und beeinträchtigende Erschöpfung vorliegt, die nicht durch eine bekannte medizinische Ursache oder eine spezifische psychische Störung erklärt werden kann. Die Erschöpfung kann sich primär körperlich in schneller Erschöpfbarkeit bei bereits minimalen körperlichen Anstrengungen und/oder primär mental in schneller Erschöpfbarkeit bei geistigen Aktivitäten äußern. Schlaf und Ruhe bzw. Schonung führen in der Regel nicht zu hinreichender Erholung.

Das CFS sieht nach der Definition der U.S. Centers for Disease Control (CDC) das Leitsymptom in der medizinisch unklaren Erschöpfungssymptomatik, die mindestens ein halbes Jahr persistiert, nicht Folge aktueller Belastungen ist und von mindestens 4 der folgenden Symptome begleitet wird: nichterholbarer Schlaf, unproportional starke Erschöpfung nach Anstren-

gung, Störung der Konzentration oder des Kurzzeitgedächtnisses, Halsschmerzen, empfindliche/schmerzhafter Lymphknoten, Gelenkschmerzen, Muskel- und Kopfschmerzen (Fukuda et al. 1994) u. a. als CDC-Kriterien bezeichnet. Alternative Definitionen wurden in Großbritannien vorgeschlagen, die sog. Oxford-Kriterien, die sowohl mentale als auch physische Fatigue, nicht jedoch weitere körperliche Symptome, erfordern (Sharpe et al. 1990), ebenso wie australische Kriterien (Royal Australasian College of Physicians 2002).

In den offiziellen diagnostischen Manualen – International Statistical Classification of Diseases and Related Health Problems- (ICD-10) und Diagnostic and Statistical Manual of Mental Disorders- (DSM-IV) – werden chronische Erschöpfungssyndrome unterschiedlich behandelt. Während im DSM-IV eine explizite Erschöpfungsdiagnose fehlt, verfügt das ICD-10 über verschiedene Klassifikationsmöglichkeiten (F48.0 Neurasthenie, F48.8 Psychasthenie, G93.3 postvirales Ermüdungssyndrom/benigne myalgische Enzephalomyelitis), die sich gegenseitig ausschließen und deren empirische Grundlage angereifelt wird (David u. Wessely 1993). Die einzige Erwähnung im DSM-IV findet sich im Unterkapitel *Besondere kulturelle, Alters- und Geschlechtsmerkmale* bei der undifferenzierten somatoformen Störung, 300.82: „Neurasthenie“, ein Syndrom, was in vie-

len Teilen der Welt beschrieben wird und durch Müdigkeit und Schwäche charakterisiert ist, wird nach DSM-IV-TR als undifferenzierte somatoforme Störung klassifiziert“ (Zitat aus DSM-IV, S. 546). Auch in den aktuellen Vorschlägen für das 2013 erscheinende DSM-V (www.dsm5.org/ProposedRevisions/Pages/SomatoformDisorders.aspx, gesehen am 30.03.2011) fehlt eine spezifische Klassifikationsmöglichkeit.

Die Häufigkeitsangaben zu Erschöpfungszuständen variieren in Abhängigkeit der Kriterien und der untersuchten Population. In der deutschen Allgemeinbevölkerung sind gemäß Selbsteinschätzung 6,1% von chronischer Erschöpfung betroffen (Martin et al. 2007). Die CFS-Kriterien der CDC sind demgegenüber deutlich seltener erfüllt: Prävalenzraten variieren hier zwischen 0,2 und 0,3% in der Allgemeinbevölkerung, in der medizinischen Primärversorgung zwischen 0,3 und 2,8% und in Spezialkliniken zwischen 10 und 15% (Gaab u. Ehlers 2009).

Die Prognose unbehandelter Erschöpfungssyndrome ist vom Bereich und dem Ausmaß der interessierenden Veränderung abhängig. Die Ergebnisse einer systematischen Übersichtsarbeit deuten darauf hin, dass ohne Behandlung die vollständige Genesung selten (Median 3%, Spannweite über 14 Studien 0–31%), eine substantielle Symptomreduktion im Vergleich dazu aber deutlich häufiger ist (Me-

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