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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 2005).

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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Table of Contents Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook

1. Understanding the eBook Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
 - The Rise of Digital Reading Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
 - Advantages of eBooks Over Traditional Books
2. Identifying Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction

- Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
 - Personalized Recommendations
 - Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook User Reviews and Ratings
 - Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook and Bestseller Lists
- 5. Accessing Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook Free and Paid eBooks
 - Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook Public Domain eBooks
 - Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook eBook Subscription Services
 - Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook Budget-Friendly Options
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 - ePub, PDF, MOBI, and More
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 - Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie

- Erm Dungssyndrom Ebook
 - Highlighting and Note-Taking Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
 - Interactive Elements Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
- 8. Staying Engaged with Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
- 9. Balancing eBooks and Physical Books Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
 - Setting Reading Goals Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
 - Fact-Checking eBook Content of Chronisches Ersch Pfungssyndrom Schilddr Senunterfunktion Fibromyalgie Erm Dungssyndrom Ebook
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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