

CFS Practice Test Questions and Answers

1. What is 'delayed PEM' in CFS?

- A) PEM that occurs only after emotional stress
- B) Symptom worsening that appears 12–48 hours after the triggering activity
- C) PEM that lasts more than one month
- D) PEM occurring only in elderly patients

2. What causes chronic fatigue syndrome?

- A) Poor nutrition
- B) It's still unknown
- C) Not getting enough sleep
- D) Not getting enough exercise

3. What is 'cognitive pacing' in CFS management?

- A) Mental exercises to strengthen cognitive function
- B) Managing mental and cognitive activities within energy limits, as cognitive exertion can also trigger PEM
- C) A type of cognitive behavioral therapy
- D) A memory training program for CFS

4. What was the 'XMRV controversy' in CFS research?

- A) A debate about exercise therapy
- B) A retracted 2009 study claiming a link between XMRV retrovirus and CFS that could not be replicated
- C) A dispute about the name ME vs CFS
- D) A controversy about disability benefits for CFS patients

Answers: 1-B 2-B 3-B 4-B

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