

## Lightning Process Snapshot Survey of clients' experiences with CFS/ME

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**Abstract:** Anecdotal reports of participants' symptoms improving using the Lightning Process for a number of conditions have led to a rise in its popularity. However, little data is available currently on its efficacy, the range of outcomes or perceptions of its value for individuals. This survey was designed to consider the utility and participant experiences of the Lightning Process as an approach for a CFS/M. The data from this sample ( $N = 1092$ , female=79.5%) was collected on the final day of the course. It indicates that 86.4% of participants reported that they would rate the changes they got as a result of attending the Lightning Process course as being 8, 9, or 10 out of 10. High satisfaction and utility scores (>90%) for the approach were also reported. These findings suggest a randomised controlled trial would be of value into the approach.

### Participants:

Surveys were completed by 1092 people (male = 20.5%, female = 79.5%) who attended a Lightning Process (LP) seminar, in a variety of locations throughout the UK and Norway, between January 2007 and May 2010. The data was collected by 34 different practitioners. 54.1% of the 1092 people who said that they had CFS/ME also reported other issues such as depression, anxiety or low self-esteem.

### Results:

#### Outcomes:

The survey asked each respondent:

*Since completing the Lightning Process training, do you still have... (the issues you came with)?*

Of the 1092 people who said they had CFS/ME 888 (81.3%) reported that they no longer had CFS/ME by day 3 of the LP course. 23 (2.1%) people reported that this question was no longer applicable, with 9 (0.8%) people choosing not to answer this question. 153 (14.0%) reported that they still had CFS/ME.

The survey asked each respondent:

*"Did you get the changes you wanted? Score your answer out of 10 (0 = definitely no, 10 = definitely yes)"*

Of the 1080 people who answered this question:

Score Given	0	1	2	3	4	5	6	7	8	9	10
No. of respondents	0	1	0	9	7	26	27	77	145	187	601
% of 1080 respondents	0%	0.1%	0%	0.8%	0.65%	2.4%	2.5%	7.1%	13.4%	17.3%	55.65%

This demonstrates that 86.4% of the 1080 people who responded said that they would rate the changes they got as a result of attending the Lightning Process course as being 8, 9, or 10 out of 10.

The survey also asked each respondent:

*If you answered 'No' to any of the issues in question 7 (Since completing the Lightning Process training, do you still have any of the following?), do you expect any of these issues to return?*

However, no conclusive information could be gained from this question owing to the variety of ways in which the question was interpreted. We therefore recognise the need for changes to the survey for further respondents.

**Utility:**

The survey asked each respondent:

*If you still have any of the issues at the end of the training, was it (tick as many as you like):*

- a) *Because the training was not good enough?*
- b) *Because the training was inappropriate for your issues?*
- c) *Because you need to apply the training more effectively?*
- d) *Because you need to apply the training for a longer period of time to get changes?*
- e) *Something different?*

<b>641 people answered this question:</b>	<b>No. of respondents</b>	<b>% of 641 respondents</b>	<b>% of 1092 total</b>
a) Felt the training wasn't good enough:	2	0.3%	0.2%
b) Felt the training was inappropriate for their issues:	2	0.3%	0.2%
c) Felt the training needed to be applied more effectively:	303	47.3%	27.2%
d) Felt the training needed to be applied for a longer period of time:	535	83.5%	50.0%
e) Felt the something different was causing their issues to remain unresolved:	136	21.2%	12.5%

**Satisfaction:**

The survey also asked:

*To make and maintain those changes you desire, do you feel you have enough of an understanding:*

- a) *Of what the tools are?* Yes/No
- b) *Of when to use the tools?* Yes/No
- c) *Of exactly how to use them?* Yes/No
- d) *Of what to do when you are not getting the results you wanted?* Yes/No

<b>Of 1092 people who used the LP for CFS/ME, 1089 people answered this question. 3 people chose not to answer the question:</b>	<b>No. of respondents</b>	<b>% of 1089 respondents</b>
a) Felt they knew what the tools are:	1084	99.3%
b) Felt they knew when to use the tools:	1079	98.8%
c) Felt they knew exactly how to use them:	1057	96.8%
d) Felt they knew what to do when they weren't getting the results they wanted:	1062	97.3%

**Discussion and conclusion**

The reported changes, utility and satisfaction scores support the reported anecdotal positive experiences for many, but not all, participants. However, the study has the limitations common to surveys of issues of self-report and self-selection of respondents. Future studies should evaluate the longevity of the changes reported here and include a controlled element. It is hoped this survey encourages further, more robust research to develop the evidence base into this approach for those with CFS/ME.