

Press Release February 2011

The Lightning Process tops UK's largest ever ME/CFS survey

In the ME Association's survey of people with ME/CFS, the Lightning Process (LP) has emerged as the best of 25 commonly used approaches for helping people feel 'greatly improved'.

The "Managing my ME" survey – the largest ever survey of patient and carer evidence on issues relating to management of ME/CFS issues – surveyed 4217 people with, or caring for those with ME/CFS. It found that 25.7 percent of Lightning Process respondents had "greatly improved" and another 18.8 percent reported they had "improved", totaling 44.6 percent.

The Lightning Process' rating as the best of all 25 approaches in helping people to feel "greatly improved" was substantially more effective than all the other approaches, with the second highest (modafinil/provigil a stimulant/analeptic drug), receiving only 14.8 percent.

Cognitive Behaviour therapy (CBT), one of the mainstays of NHS approaches to this illness, was reported to be much less effective - with just 2.8 percent reported being "greatly improved", and 23.1 percent "improved".

When measuring the methods deemed to have made people slightly or much worse, Graded Exercise Therapy (GET) made 56.5 percent worse; physiotherapy 32.8 percent; modafinil/provigil 29.6 percent; Yoga 28.1 percent; hydrotherapy 24.3 percent; and two other drugs were also rated as worse.

The LP was considered less likely to make people worse than all these with a score of 20.8 per cent, close to CBT at 19.6 percent.

Phil Parker, the designer of the Lightning Process, said: “We are very pleased to find that once again an independent survey shows us as the making the biggest changes (greatly improved) out of a number of approaches.

The rates are very encouraging but do not completely match our findings (81.3 percent of clients reported that they no longer had the issues they came with after taking the Lightning Process, out of 1092 surveyed).

One reason for this could be the demographic of the population measured. As this is a survey of members of an ME/CFS support group, or those currently affected by ME/CFS, the results are less likely to include those who have been helped by the Lightning Process – as often when people have recovered from an illness they naturally are less involved with the support groups.”

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For more information or to arrange an interview with Phil Parker please call Lydia on 020 7374 0233.