

Table 48: MID for continuous outcomes (0.5 x SD): Corticosteroids versus placebo

Outcomes	MID
Quality of Life: SF36 physical Scale from: 0 to 100.	11.48
Quality of Life: SF36 energy or fatigue Scale from: 0 to 100.	7.78
Quality of Life: SF36 emotional wellbeing Scale from: 0 to 100.	6.43
Quality of Life: SF36 role emotional Scale from: 0 to 100.	12.23
Quality of Life: SF36 role physical Scale from: 0 to 100.	14.8
Quality of Life: SF36 pain Scale from: 0 to 100.	13.7
Quality of life: SF36 social Scale from: 0 to 100.	12.55
Quality of life: SF36 general wellbeing Scale from: 0 to 100.	6.23
Fatigue: fatigue on VAS Scale from: 0 to 10.	0.8
Fatigue: Profile of Mood States – fatigue Scale from: 0 to 28	2.75 (hydrocortisone) 3.95 (fludrocortisone)
Fatigue: Profile of Mood States – vigour Scale from: 0 to 32	2.15 (hydrocortisone) 3.35 (fludrocortisone)
Fatigue: Wood Mental Fatigue Inventory Scale from: 0 to 36.	4.48
Physical function: SF36 physical function Scale from: 0 to 100.	11.3

Outcomes	MID
Psychological status: SF36 mental health Scale from: 0 to 100.	8.6
Psychological status: Beck Depression Inventory Scale from: 0 to 63.	1.95 (hydrocortisone) 3.4 (fludrocortisone)
Psychological status: Profile of Mood States – anger Scale from: 0 to 48.	2.68
Psychological status: Profile of Mood States – anxiety Scale from: 0 to 36.	2.58
Psychological status: Profile of Mood States – confusion Scale from: 0 to 28.	2.35
Psychological status: Profile of Mood States – depression Scale from: 0 to 60.	2.38
Psychological status: Symptom checklist-90-R general sensitivity index Scale from: not reported	0.15
Psychological status: Symptom checklist-90-R positive symptom distress index Scale from: not reported	0.23
Psychological status: Symptom checklist-90-R positive symptom total Scale from: not reported	6.38
Psychological status: Hamilton Depression Rating Scale Scale from: not reported	1.73
Psychological status: Positive and negative effect scale (PANAS) positive affect Scale from: 10 to 50.	3.08
Activity levels: activity scale Scale from: not reported	0.98
Activity levels: distance before exhausted (ordinal scale) Scale from: 1 to 5.	0.58
Activity levels: Duke Activity Status Index	3.88

Outcomes	MID
Scale from: 0 to 58.2	
Cognitive function: Reaction time (secs)	0.03
Cognitive function: inability to concentrate on VAS Scale from: 0 to 10.	1.3
Cognitive function: forgetfulness on VAS Scale from: 0 to 10.	1.23
Cognitive function: confusion on VAS Scale from: 0 to 10.	1.43
Pain: muscle pain on VAS Scale from: 0 to 10.	1.4
Pain: joint pain on VAS Scale from: 0 to 10.	1.78
Sleep quality: unrefreshing sleep on VAS Scale from: 0 to 10.	0.85
Sleep quality: Functional Outcomes of Sleep Questionnaire Scale from: not reported	1.8
Sleep quality: Epworth Sleepiness Scale Scale from: 0 to 24.	3.24
Exercise performance measure: Treadmill time (mins)	5.73
Symptom scales: Wellness scale Scale from: 0 to 100.	7.8 (hydrocortisone) 5.0 (fludrocortisone)
Symptom scales: Sickness Impact Profile Scale from: 0 to 68.	4.18
Symptom scales: headaches on VAS Scale from: 0 to 10.	1.25
Symptom scales: painful lymph nodes on VAS Scale from: 0 to 10.	1.78

Outcomes	MID
Symptom scales: sore throat on VAS Scale from: 0 to 10.	1.38
Symptom scales: Chronic Fatigue Syndrome Severity Rating Scale from: not reported	4.12