

“ME expert” is not researching ME

Vegard B. B. Wyller has been referred to as an "ME expert" in Norway for almost 20 years. But; is he really studying ME?

By Nina E. Steinkopf, 03. June 2020 at www.melivet.com

Recently it became known that Norwegian health authorities [support](#) a controversial study in which ME patients are to be treated with the alternative method Lightning Process. Vegard B. B. Wyller is part of the research team, and the [project description](#) states that he is Norway's most published researcher in the field of chronic fatigue with more than 40 published articles. In Dagbladet's [tabloid](#) articles in May 2020, he is presented as ME researcher, and that he "has been studying ME for almost twenty years".

I've taken a closer look at Wyllers research.

In 2014, the Norwegian Directorate of Health published guidelines for CFS / ME. The Canada criteria, the Fukuda criteria and Jasons Pediatric criteria are recommended for diagnosis and research on the patient group. Post Exertional Malaise (PEM) is a cardinal symptom. A whole range of symptoms must be present before the diagnosis can be set:

The 2003 [Canada](#) criteria require at least 12 symptoms in addition to fatigue and PEM.

The 1994 [Fukuda](#) definitions require more than 6 months of continuous, unexplained fatigue, and PEM is one of 8 additional symptoms where at least 4 are required.

Jason's [pediatric](#) criteria from 2006 require more than 3 months of unexplained and continuous fatigue, PEM, and at least 6 symptoms.

By all these criteria, psychological disorders must be excluded as the cause of the symptoms.

Wyller's hypothesis from 2007 is that CFS / ME is a sustained arousal stress response and that personality, emotions and psychological trauma contribute to the development of the disease. The hypothesis is still not proved. Here is an overview of 39 scientific articles that Wyller has published or has co-authored. As far as I can see, the only requirement is that the study participants have had unexplained fatigue for more than 3 or 6 months, with no requirements for any other symptoms. Can this be called ME-research?

See an overview here: [Wyller: articles and criteria.](#)

Wyller has been allocated most of the research funding in the field over the last 15 years. In April this year he was awarded [NOK 12 million](#) for a new study.

Vegard B. B. Wyller recently published a study in which adolescents with acute EBV infection were treated with music therapy and a method that has many similarities with the Lightning Process. It will most likely be used as an argument for getting the [LP-study](#) approved by REK. Read my analysis of the study here: [Cure ME with music?](#) The study has also received international [criticism](#) where several professors recommend it to be revised and temporarily withdrawn.

A Norwegian article in the journal for Research Ethics, "The War on Truth" explains some of history: Ellen Piro, founder of the Norwegian ME-association: - The professional teams' use of different diagnostic criteria is like comparing apples and oranges. We are aware that there are major bias in this research area". This was in 2007.

I question whether Vegard B. B. Wyller can be called an ME expert, and whether his research is relevant to ME. I also question that health authorities, the Norwegian Directorate of Health and the National Competence Service for CFS/ME refer to Wyller's research.

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Read more her: [Wyller is not an ME expert.](#)

Wyller is known for recommending Lightning Process. Read more here. [13-year-old attempted suicide after ME-course](#)