

Case study: Imran, 29

Imran led an active lifestyle before being diagnosed with chronic fatigue syndrome. He can no longer play football with friends and has taken leave from his job. His social life has changed drastically, leaving him feeling isolated.

Imran lives alone and needs to see his GP regularly. He is constantly tired and has problems concentrating and remembering simple tasks. As a result, he has missed a number of appointments.

The severity of his symptoms change daily and problems sleeping mean Imran's sleep cycle has become irregular. He finds the lack of routine frustrating and is struggling with the emotional strain of his condition.

However, Imran is determined. He knows his condition has affected his mental health and would like to manage it better. He would also like to start exercising again and return to work.

