

Fatigue Comparison Table

Fatigue

any duration

any severity

fatigue only

Prolonged Fatigue

1+ month

any severity

fatigue only

Chronic Fatigue

6+ months

any severity

fatigue only

Idiopathic Chronic Fatigue

6+ months,
often 1+ years

usually mild or
moderate

fatigue, others
possible

Chronic Fatigue Syndrome

6+ months,
usually years

severe to profound,
occasionally fatal

fatigue, post-exertional
malaise, sleep problems,
post-exertional symptoms
plus 2+ more

Information from Balachander et al (2014) & CDC (2023)