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Dear Prof White

Thank you for your letter of 7 February, following the debate in the House of Lords on Wednesday 6 February on the PACE (Pacing, Graded Activity and Cognitive Behaviour Therapy: a randomised Evaluation) trial. I was very grateful to receive your words of support and pleased for the opportunity to reiterate the Government's position on this issue.

It is clearly important to test the effectiveness of treatments so they can be introduced more widely and without undue delay if they prove to be effective. As you know, whilst cognitive behaviour therapy (CBT) and graded exercise therapy (GET) had been previously shown to be effective in small trials and the effectiveness of pacing as a treatment lacked empirical support, the PACE trial offered the opportunity to assess these treatment options, along with specialist medical care, on an unprecedented scale.

As a number of Peers acknowledged during the debate, PACE was an example of a well conducted, robust research study. It is with thanks to you and your team that we now have some very good evidence that CBT and GET are moderately effective when provided alongside specialist medical care.

Once again, many thanks for writing on this issue.

*Yours
Lady Northover*

BARONESS NORTHOVER

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