

Supplementary Table S1

Detailed information about the theme/objective/main contents for each of the 8 pacing sessions consisting of the intervention (see references after the table).

Session	Theme	Objectives	Main contents
1	Understanding Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/SFC): What is it and how does it affect us?	- Understand ME/CFS, including its main symptoms, diagnostic criteria and levels of severity. - Identify the role of rehabilitation nursing within an interdisciplinary, non-pharmacological approach to ME/CFS management. - Recognise energy management as a key rehabilitation strategy in the overall treatment framework of ME/CFS.	- Historical overview (evolution of understanding of the disease) and context - Etiology - Pathophysiology - Diagnosis (different diagnostic criteria) and symptoms - ME/CFS: Levels of severity - Treatment - General treatment framework in ME/CFS - Introduction to rehabilitation and self-management approaches
2	Post-exertional malaise (PEM): What is it and how can it be managed?	- Understand post-exertional malaise (PEM) as a key feature of ME/CFS. - Identify triggers, manifestations and warning signs of PEM. - Recognise general response principles to PEM episodes. - Enhance awareness of individual PEM patterns through home-based symptom self-monitoring.	- What is Post-Exertional Malaise (PEM)? - PEM – Why does it happen? - PEM – clinical and functional assessment of PEM. - PEM – Warning signs! - PEM – What to do? “To manage it better, I need to know myself!”: Home-based self-monitoring task in which participants were asked to record and reflect on PEM-related symptoms during the week following the session.
3	Our Energy: How Does the Body Acquire and Use It?	- Understand basic principles of energy acquisition, production and expenditure in the human body. - Recognise how daily activities (physical and mental) influence energy use. - Understand metabolic alterations described in ME/CFS at a conceptual level. - Introduce the concepts of energy management and individual energy baseline.	- The Importance of Energy for the Human Body - From Food to Useful Energy: The Role of Mitochondria? - Where Does Our Energy Come From? - How Does the Body Produce Energy? - How Does the Body “Spend” Energy? - Metabolic Changes in ME/CFS - How to Manage and Conserve Energy? (introductory overview; rest and sleep as foundational elements) - Energy: What is my individual energy baseline? (concept of a safe and sustainable level of daily activity)

4	Energy Management – Part I: What is it and why is it important?	• Understand the fundamental principles of energy management. • Identify energy management techniques and tools applicable to daily activities. • Recognise heart rate variability as an indicator of exertion and fatigue. • Identify inappropriate patterns and common mistakes in energy management.	• Energy Management: what is it? • Why is it important to manage energy? • Key Principles of Energy Management • Tools and Techniques for Energy Management • Common mistakes in Energy Management • “Diary of activities and associated symptoms” –home-based self-monitoring task to support the application of energy management principles.
5	Energy Management – Part II: practical techniques for everyday use.	• Use different types of rest and breathing techniques to support recovery and fatigue management. • Use posture and environmental strategies to improve energy efficiency. • Use support devices and practical adaptations in specific situations. • Adapt energy management strategies to PEM days and situations of increased functional limitation. • Apply energy management principles to everyday activities.	• Energy Management: types of rest • Breathing Techniques - optimising functional capacity ○ Diaphragmatic breathing ○ Breathing with lips slightly parted ○ Breathing during exertion • Posture and Positioning in Energy Management • Energy Management Strategies - practical application • Energy Management Strategies - adapting the environment • Energy Management Strategies - support devices • Energy Management Strategies on PEM days • Energy Management Strategies - patients confined to home
6	Nutrition, Hydration, Sleep, and Emotion Management: Other Key Factors for Well-being and Recovery.	• Understand the role of nutrition in supporting wellbeing and recovery in ME/CFS. • Recognise the importance of adequate hydration in people with ME/CFS. • Identify strategies to support sleep quality in people with ME/CFS. • Recognise the impact of emotional regulation on the autonomic nervous system and symptom management in ME/CFS.	• Nutrition – strategies for wellbeing and recovery • Hydration: its role in ME/CFS • Sleep: how to improve sleep quality in people with ME/CFS • Emotion management: implications for the autonomic nervous system and people with ME/CFS
7	Effective Communication: How to Explain Your Needs to Your Family and Healthcare Professionals	• Recognise common communication challenges and needs related to ME/CFS. • Identify strategies to support communication of needs and limitations with family and healthcare professionals. • Recognise the role of effective communication in building supportive relationships and reducing energy burden.	• Communication - Challenges! • Communication with family – Challenges and Strategies • Communication with healthcare professionals – Challenges and Strategies • Effective communication and energy management • Communication - building supportive relationships

8	Long-Term Planning: Building a Sustainable Future with ME/CFS	• Recognise the importance of developing a sustainable and individualised life plan integrating energy management and quality of life strategies. • Identify principles for planning a gradual and safe return to activities such as school or work, when appropriate. • Adapt energy management strategies to situations of increased disease severity or immobility, maintaining a focus on functionality and wellbeing.	• ME/CFS: One Condition, One Change, and One New Perspective ◦ ME/CFS: Understanding the Health-Illness Transition • Building a Sustainable Life Plan ◦ Planning for Return to School ◦ Planning for Return to Work ◦ Activity: Increasing Activity Safely and Sustainably ◦ Severe ME/CFS and Immobility • Energy Management: A Path Under Construction • Sharing participants' experiences (if desired by participants).
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Key references informing the development of the intervention

Guidelines, consensus statements and institutional reports

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Ghali, A., Lacout, C., Ghali, M., Gury, A., Delattre, E., Lavigne, C., & Urbanski, G. (2021). Warning signals of post-exertional malaise in ME/CFS: A retrospective analysis of 197 patients. *Journal of Clinical Medicine*, 10(11), 2517.
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