

5. Impact on Personal Life:

To what extent has fatigue affected your participation in social and personal activities?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.	5.

Section 3: Sleep Quality

6. Quality of Sleep:

Rate the quality of your sleep on average.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.	5.

7. Impact of Sleep on Fatigue:

How much do you feel your sleep quality influences your fatigue levels?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.	5.

Section 4: Stress Levels

8. Stress Levels:

Rate your overall stress levels in the past week.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.	5.

9. Impact of Stress on Fatigue:

To what extent do you believe stress contributes to your fatigue?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.	5.

Section 5: Physical Activity

10. Physical Activity Levels:

Rate your engagement in physical activities/exercise in the past week.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.	5.

11. Impact of Physical Activity on Fatigue:

How do you perceive the relationship between physical activity and your fatigue?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.	5.

Section 6: Additional Comments

12. Any Other Factors:

Are there any other factors not covered above that you believe contribute to your fatigue?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.	5.

Scoring Guide:

Total Score (Sections 1-5): _____ (Sum of responses)

Interpretation:

- 5-15: Low fatigue
 - 16-25: Moderate fatigue
 - 26-35: High fatigue
 - 36-50: Severe fatigue
 - 51-60: Extreme fatigue
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Developer

Michielsen, H. J., De Vries, J., & Van Heck, G. L. (2003). Psychometric qualities of a brief self-rated fatigue measure the fatigue assessment scale. *Journal of Psychosomatic Research*, 54, 345–352. 2.

References

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