NovoPsych

Fatigue Assessment Scale (FAS)

Instructions:

The following 10 statements refer to how you usually feel. For each statement you can choose one out of five answer categories, varying from never to always.

		Never	Sometimes	Regularly	Often	Always
1	I am bothered by fatigue	**1**	**2**	**3**	**4**	**5**
2	I get tired very quickly	**1**	**2**	**3**	**4**	**5**
3	I don't do much during the day	**1**	**2**	**3**	**4**	**5**
4	I have enough energy for everyday life	**5**	**4**	**3**	**2**	**1**
5	Physically, I feel exhausted	**1**	**2**	**3**	**4**	**5**
6	I have problems starting things	**1**	**2**	**3**	**4**	**5**
7	I have problems thinking clearly	**1**	**2**	**3**	**4**	**5**
8	I feel no desire to do anything	**1**	**2**	**3**	**4**	**5**
9	Mentally, I feel exhausted	**1**	**2**	**3**	**4**	**5**
10	When I am doing something, I can concentrate quite well	**5**	**4**	**3**	**2**	**1**

Developer Reference:

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(4), 345–352. https://doi.org/10.1016/s0022-3999(02)00392-6

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