

### Fatigue Severity Scale Questionnaire

**Instructions:** Circle the number that best represents your response to each question.

**Scoring range:** 1=strongly disagree with the statement to 7=strongly agree with the statement.

During the past week, I have found that:	Score						
1. My motivation is lower when I am fatigued.	1	2	3	4	5	6	7
2. Exercise brings on my fatigue.	1	2	3	4	5	6	7
3. I am easily fatigued.	1	2	3	4	5	6	7
4. Fatigue interferes with my physical functioning.	1	2	3	4	5	6	7
5. Fatigue causes frequent problems for me.	1	2	3	4	5	6	7
6. My fatigue prevents sustained physical functioning.	1	2	3	4	5	6	7
7. Fatigue interferes with carrying out certain duties and responsibilities.	1	2	3	4	5	6	7
8. Fatigue is among my three most disabling symptoms.	1	2	3	4	5	6	7
9. Fatigue interferes with my work, family, or social life.	1	2	3	4	5	6	7

**FSS Scoring:** Add up the circled numbers and divide by 9. \_\_\_\_\_

**Compare results with the following scores:**

People who do not experience fatigue score about 2.8

People with Lupus score about 4.6

People with Lyme Disease score about 4.8

People with fatigue related to Multiple Sclerosis score about 5.1

People with Chronic Fatigue Syndrome score about 6.1