

Fatigue Scale

Date completed: ___/___/___

Instructions to complete assessment: Many individuals can experience a sense of unusual or excessive tiredness whenever they become ill, receive treatment or recover from their illness/treatment. This unusual sense of tiredness is not usually relieved by either a good night's sleep or by rest. Some call this symptom "fatigue" to distinguish it from the usual sense of tiredness.

For each of the following questions, please fill in the space provided for that response that best describes the fatigue you are experiencing now or for today. Please make every effort to answer each question to the best of your ability.

1. How long have you been feeling fatigue? (Check one response only).

- 1. Not feeling fatigue
- 2. Minutes
- 3. Hours
- 4. Days
- 5. Weeks
- 6. Months
- 7. Other (Please describe) _____

2. To what degree is the fatigue you are feeling now causing you distress?

No Distress										A Great Deal
1	2	3	4	5	6	7	8	9	10	

3. To what degree is the fatigue you are feeling now interfering with your ability to complete your work or school activities?

None										A Great Deal
1	2	3	4	5	6	7	8	9	10	

4. To what degree is the fatigue you are feeling now interfering with your ability to socialise with your friends?

None										A Great Deal
1	2	3	4	5	6	7	8	9	10	

5. To what degree is the fatigue you are feeling now interfering with your ability to engage in sexual activity?

None										A Great Deal
1	2	3	4	5	6	7	8	9	10	

6. Overall, how much is the fatigue which you are now experiencing interfering with your ability to engage in the kind of activities you enjoy doing?

None										A Great Deal
1	2	3	4	5	6	7	8	9	10	

7. How would you describe the degree of intensity or severity of the fatigue which you are experiencing now?

Mild										Severe
1	2	3	4	5	6	7	8	9	10	

8. To what degree would you describe the fatigue which you are experiencing now as being?

Pleasant										Unpleasant
1	2	3	4	5	6	7	8	9	10	

9. To what degree would you describe the fatigue which you are experiencing now as being?

Agreeable										Disagreeable
1	2	3	4	5	6	7	8	9	10	

10. To what degree would you describe the fatigue which you are experiencing now as being?

Protective										Destructive
1	2	3	4	5	6	7	8	9	10	

11. To what degree would you describe the fatigue which you are experiencing now as being?

Positive										Negative
1	2	3	4	5	6	7	8	9	10	

12. To what degree would you describe the fatigue which you are experiencing now as being?

Normal										Abnormal
1	2	3	4	5	6	7	8	9	10	

13. To what degree are you now feeling:

Strong					Weak				
1	2	3	4	5	6	7	8	9	10

14. To what degree are you now feeling:

Awake					Sleepy				
1	2	3	4	5	6	7	8	9	10

15. To what degree are you now feeling:

Lively					Listless (“washed out”)				
1	2	3	4	5	6	7	8	9	10

16. To what degree are you now feeling:

Refreshed					Tired				
1	2	3	4	5	6	7	8	9	10

17. To what degree are you now feeling:

Energetic					Unenergetic				
1	2	3	4	5	6	7	8	9	10

18. To what degree are you now feeling:

Patient					Impatient				
1	2	3	4	5	6	7	8	9	10

19. To what degree are you now feeling:

Relaxed					A Great Deal				
1	2	3	4	5	6	7	8	9	10

20. To what degree are you now feeling:

Exhilarated					Depressed				
1	2	3	4	5	6	7	8	9	10

21. To what degree are you now feeling:

Able to Concentrate					Unable to Concentrate				
1	2	3	4	5	6	7	8	9	10

22. To what degree are you now feeling:

Able to Remember					Unable to Remember				
1	2	3	4	5	6	7	8	9	10

23. To what degree are you now feeling:

Able to Think Clearly					Unable to Think Clearly				
1	2	3	4	5	6	7	8	9	10

24. Overall, what do you believe is *most* directly contributing to or causing your fatigue?

25. Overall, the *best* thing you have found to relieve your fatigue is:

26. Is there anything else you would like to add that would describe your fatigue better to us?

27. Are you experiencing any other symptoms right now?

From Piper BF, Dibble SL, Dodd MJ, Weiss MC, Slaughter RE, Paul SM. The revised Piper Fatigue Scale: Psychometric evaluation in women with breast cancer. *Oncology Nursing Forum*. 1998 May; 25(4): 677-684

Instructions to interpret assessment: If you have scored 4 and above on questions 1-23, detach this sheet and use it to discuss your fatigue with your health professionals. Also, complete questions 24-27, as this will help your health professional better understand you experience with fatigue