



Fatigue Severity Scale (FSS)

Are you feeling tired?

The feeling of being tired is different for all of us.

Just how tired you are feeling (feeling of fatigue) is difficult to record. In an attempt to document fatigue in patients, the **Fatigue Severity Scale (FSS)** was developed and has been used in different patients. You are being asked to fill out this survey to determine how tired you are feeling. This information can be used to see if any treatment you are receiving is making a difference to your feeling of tiredness.

Fatigue Severity Scale (FSS)

NAME

DATE / /

Please circle the number between 1 and 7 which you feel best fits the following statements.

This refers to your usual way of life within the last week.

1 indicates “strongly disagree” and 7 indicates “strongly agree”.

strongly disagree strongly agree

1. My motivation is lower when I'm 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 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

Resources used to produce this information sheet:

- Dittner et al The assessment of fatigue A practical guide for clinicians and researchers *Journal of Psychosomatic Research* 56 (2004) 157–170
- Krupp LB, et al The Fatigue Severity Scale. Application to patients with multiple sclerosis and systemic lupus erythematosus. *Arch Neurol* 1989; 46:1121– 3.

Last Updated: November 4, 2014

FURTHER QUESTIONS?

Patients should seek further advice and information about **fatigue** and their individual condition from their treating haematologist or doctor.

APPOINTMENTS

To make an appointment with a Melbourne Haematology specialist, please phone **03 9386 1360**

For additional information about blood disorders and their treatment, or to find out more about our specialist haematologists, visit the Melbourne Haematology website: www.melbournehaematology.com.au