

# SKALA FOR GRADERING AV DET Å VÆRE SLITEN, UOPPLAGT OG HA MANGEL PÅ OVERSKUDD.

(Fatigue Severity Scale, Krupp et al. 1989, til norsk ved Lerdal, 2005)

Velg et tall fra 1 til 7 som angir i hvor stor grad du er enig med hvert enkelt utsagn, der 1 angir at du er helt uenig og 7 at du er helt enig. (sett ring rundt ett tall for hvert utsagn)

Min motivasjon er lavere når jeg er sliten og uopplagt.

Helt uenig

Helt enig

1 2 3 4 5 6 7

Fysisk aktivitet gjør meg sliten og uopplagt.

1 2 3 4 5 6 7

Jeg blir fort sliten og uopplagt.

1 2 3 4 5 6 7

Det at jeg er sliten og uopplagt, virker inn på hvordan jeg fungerer fysisk.

1 2 3 4 5 6 7

Det at jeg er sliten og uopplagt, skaper ofte vanskeligheter for meg.

1 2 3 4 5 6 7

Det at jeg er sliten og uopplagt, hindrer meg i å opprettholde min fysiske funksjonsdyktighet over tid.

1 2 3 4 5 6 7

Det at jeg er sliten og uopplagt, virker inn på evnen til å utføre visse oppgaver og plikter.

1 2 3 4 5 6 7

Det at jeg er sliten og uopplagt, er ett av de tre symptomene som hemmer meg mest.

1 2 3 4 5 6 7

Det at jeg er sliten og uopplagt, virker inn på mitt arbeid, mitt familieliv eller min omgang med venner og kjente.

1 2 3 4 5 6 7

# Fatigue Scale for Motor and Cognitive Functions

Date: .....

ID: .....

Initials: .....

Age: .....

Sex: m ☐ f ☐

## Instructions

The following questionnaire is about problems in everyday life which are directly associated with an extreme form of tiredness (fatigue). This extreme form of tiredness refers to an overwhelming state of lethargy, exhaustion and lack of energy which comes on abruptly and is unrelated to any obvious external causes. It does not mean the sort of isolated episodes which everyone might experience in the course of the day, after exertion, or after a sleepless night!

Please read each statement carefully. Then decide to what extent each statement applies to you and your everyday life. Please try not to base your answers on the way you are feeling at the moment; instead try to give us a picture of the way you feel in normal day-to-day life. Please put a cross in the appropriate circle (only one cross per statement please!).

|                                                                                                                                | Does not<br>apply<br>at all | Does not<br>apply<br>much | Slightly<br>applies   | Applies<br>a lot      | Applies<br>comple-<br>tely |
|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------|---------------------------|-----------------------|-----------------------|----------------------------|
| 1. When I concentrate for a long time, I get exhausted sooner than other people of my age.                                     | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 2. When I am experiencing episodes of exhaustion, my movements become noticeably clumsier and less coordinated.                | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 3. Because of my episodes of exhaustion, I now need more frequent and/or longer rests during physical activity than I used to. | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 4. When I am experiencing episodes of exhaustion, I am incapable of making decisions.                                          | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 5. When faced with stressful situations, I now find that I get physically exhausted quicker than I used to.                    | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 6. Because of my episodes of exhaustion, I now have considerably less social contact than I used to.                           | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 7. Because of my episodes of exhaustion, I now find it more difficult to learn new things than I used to.                      | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |

Please turn over

FSMC-cog = ..... FSMC-mot = ..... FSMC total = .....

|                                                                                                                                      | Does not<br>apply<br>at all | Does not<br>apply<br>much | Slightly<br>applies   | Applies<br>a lot      | Applies<br>comple-<br>tely |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|---------------------------|-----------------------|-----------------------|----------------------------|
| 8. The demands of my work exhaust me mentally more quickly than they used to.                                                        | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 9. I feel the episodes of exhaustion particularly strongly in my muscles.                                                            | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 10. I no longer have the stamina for long periods of physical activity that I used to have.                                          | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 11. My powers of concentration decrease considerably when I'm under stress.                                                          | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 12. When I am experiencing episodes of exhaustion, I am less motivated than others to start activities that involve physical effort. | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 13. My thinking gets increasingly slow when it is hot.                                                                               | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 14. When I am experiencing an episode of exhaustion, my movements become noticeably slower.                                          | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 15. Because of my episodes of exhaustion, I now feel less like doing things which require concentration.                             | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 16. When an episode of exhaustion comes on, I am simply no longer able to react quickly.                                             | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 17. When I am experiencing episodes of exhaustion, certain words simply escape me.                                                   | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 18. When I am experiencing episodes of exhaustion, I lose concentration considerably quicker than I used to.                         | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 19. When it is hot, my main feeling is one of extreme physical weakness and lack of energy.                                          | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| 20. During episodes of exhaustion, I am noticeably more forgetful.                                                                   | <input type="radio"/>       | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |

Please make sure that you have written down your initials, age and sex on page 1 and have put a cross by each statement. Thank you.