Fatigue Severity Scale (FSS)

Name: _____ Date: _____

Choose a number from 1 to 7 for each statement that indicates your degree of agreement with that statement, where 1 indicates strongly disagree and 7 indicates strongly agree. (Original form wording reported by other sources: how appropriate the statement applies to you over the past week. Verify against the Krupp article.)

1. My motivation is lower when I am fatigued

[ ] 1 (strongly disagree)	1
[ ] 2	2
[ ] 3	3
[ ] 4	4
[ ] 5	5
[ ] 6	6
[ ] 7 (strongly agree)	7

2. Exercise brings on my fatigue

[ ] 1 (strongly disagree)	1
[ ] 2	2
[ ] 3	3
[ ] 4	4
[ ] 5	5
[ ] 6	6
[ ] 7 (strongly agree)	7

3. I am easily fatigued

[ ] 1 (strongly disagree)	1
[ ] 2	2
[ ] 3	3
[ ] 4	4
[ ] 5	5
[ ] 6	6
[ ] 7 (strongly agree)	7

4. Fatigue interferes with my physical functioning

[ ] 1 (strongly disagree)	1
[ ] 2	2
[ ] 3	3
[ ] 4	4
[ ] 5	5
[ ] 6	6
[ ] 7 (strongly agree)	7

5. Fatigue causes frequent problems for me

[ ] 1 (strongly disagree) 1
[ ] 2 2
[ ] 3 3
[ ] 4 4
[ ] 5 5
[ ] 6 6
[ ] 7 (strongly agree) 7

6. My fatigue prevents sustained physical functioning

[ ] 1 (strongly disagree) 1
[ ] 2 2
[ ] 3 3
[ ] 4 4
[ ] 5 5
[ ] 6 6
[ ] 7 (strongly agree) 7

7. Fatigue interferes with carrying out certain duties and responsibilities

[ ] 1 (strongly disagree) 1
[ ] 2 2
[ ] 3 3
[ ] 4 4
[ ] 5 5
[ ] 6 6
[ ] 7 (strongly agree) 7

8. Fatigue is among my three most disabling symptoms

[ ] 1 (strongly disagree) 1
[ ] 2 2
[ ] 3 3
[ ] 4 4
[ ] 5 5
[ ] 6 6
[ ] 7 (strongly agree) 7

9. Fatigue interferes with my work, family or social life

[ ] 1 (strongly disagree) 1
[ ] 2 2
[ ] 3 3
[ ] 4 4
[ ] 5 5
[ ] 6 6
[ ] 7 (strongly agree) 7

Scoring

Mean of the nine item scores (1 to 7); equivalently total 9 to 63 divided by 9.

FSS score (mean, 1 to 7): _____

Source: Krupp, L. B., LaRocca, N. G., Muir-Nash, J., & Steinberg, A. D. (1989). The Fatigue Severity Scale: Application to patients with multiple sclerosis and systemic lupus erythematosus. Archives of Neurology, 46(10), 1121-1123.
Online calculator and more: physiotutors.com/questionnaires