

## Fatigue Impact Scale

Patient Number: \_\_\_\_\_

Date: \_\_\_\_\_

Below is a list of statements that describe how fatigue may cause problems in people's lives. Please read each statement carefully. Circle the number that indicates best how much of a problem fatigue has been for you these past four (4) weeks, including today. Please circle one number for each statement and do not skip any statements.

<i>Circle one number on each line</i>	No Problem	Small Problem	Moderate Problem	Big Problem	Extreme Problem
1. <i>Because of my fatigue...</i> <b>I feel less alert.</b>	0	1	2	3	4
2. <i>Because of my fatigue...</i> <b>I feel that I am more isolated from social contact.</b>	0	1	2	3	4
3. <i>Because of my fatigue...</i> <b>I have to reduce my workload or responsibilities.</b>	0	1	2	3	4
4. <i>Because of my fatigue...</i> <b>I am more moody.</b>	0	1	2	3	4
5. <i>Because of my fatigue...</i> <b>I have difficulty paying attention for a long period of time.</b>	0	1	2	3	4
6. <i>Because of my fatigue...</i> <b>I feel like I cannot think clearly.</b>	0	1	2	3	4
7. <i>Because of my fatigue...</i> <b>I work less effectively. (This applies to work inside or outside the home).</b>	0	1	2	3	4
8. <i>Because of my fatigue...</i> <b>I have to rely more on others to help me or do things for me.</b>	0	1	2	3	4
9. <i>Because of my fatigue...</i> <b>I have difficulty planning activities ahead of time because my fatigue may interfere with them.</b>	0	1	2	3	4
10. <i>Because of my fatigue...</i> <b>I am more clumsy and uncoordinated.</b>	0	1	2	3	4
11. <i>Because of my fatigue...</i> <b>I find that I am more forgetful.</b>	0	1	2	3	4
12. <i>Because of my fatigue...</i> <b>I am more irritable and more easily angered.</b>	0	1	2	3	4
13. <i>Because of my fatigue...</i> <b>I have to be careful about pacing my physical activities.</b>	0	1	2	3	4
14. <i>Because of my fatigue...</i> <b>I am less motivated to do anything that requires physical effort.</b>	0	1	2	3	4
15. <i>Because of my fatigue...</i> <b>I am less motivated to engage in social activities.</b>	0	1	2	3	4
16. <i>Because of my fatigue...</i> <b>My ability to travel outside my home is limited.</b>	0	1	2	3	4
17. <i>Because of my fatigue...</i> <b>I have trouble maintaining physical effort for long periods.</b>	0	1	2	3	4
18. <i>Because of my fatigue...</i> <b>I find it difficult to make decisions.</b>	0	1	2	3	4
19. <i>Because of my fatigue...</i> <b>I have few social contacts outside of my own home.</b>	0	1	2	3	4
20. <i>Because of my fatigue...</i> <b>Normal day-to-day events are stressful for me.</b>	0	1	2	3	4

<i>Circle one number on each line</i>	No Problem	Small Problem	Moderate Problem	Big Problem	Extreme Problem
21. <i>Because of my fatigue...</i> <b>I am less motivated to do anything that requires thinking.</b>	0	1	2	3	4
22. <i>Because of my fatigue...</i> <b>I avoid situations that are stressful for me.</b>	0	1	2	3	4
23. <i>Because of my fatigue...</i> <b>My muscles feel much weaker than they should.</b>	0	1	2	3	4
24. <i>Because of my fatigue...</i> <b>My physical discomfort is increased.</b>	0	1	2	3	4
25. <i>Because of my fatigue...</i> <b>I have difficulty dealing with anything new.</b>	0	1	2	3	4
26. <i>Because of my fatigue...</i> <b>I am less able to finish tasks that require thinking.</b>	0	1	2	3	4
27. <i>Because of my fatigue...</i> <b>I feel unable to meet the demands that people place on me.</b>	0	1	2	3	4
28. <i>Because of my fatigue...</i> <b>I feel less able to provide financial support for myself and my family.</b>	0	1	2	3	4
29. <i>Because of my fatigue...</i> <b>I engage in less sexual activity.</b>	0	1	2	3	4
30. <i>Because of my fatigue...</i> <b>I find it difficult to organize my thoughts when I am doing things at home or at work.</b>	0	1	2	3	4
31. <i>Because of my fatigue...</i> <b>I am less able to complete tasks that require physical effort.</b>	0	1	2	3	4
32. <i>Because of my fatigue...</i> <b>I worry about how I look to other people.</b>	0	1	2	3	4
33. <i>Because of my fatigue...</i> <b>I am less able to deal with emotional issues.</b>	0	1	2	3	4
34. <i>Because of my fatigue...</i> <b>I feel slowed down in my thinking.</b>	0	1	2	3	4
35. <i>Because of my fatigue...</i> <b>I find it hard to concentrate.</b>	0	1	2	3	4
36. <i>Because of my fatigue...</i> <b>I have difficulty participating fully in family activities.</b>	0	1	2	3	4
37. <i>Because of my fatigue...</i> <b>I have to limit my physical activities.</b>	0	1	2	3	4
38. <i>Because of my fatigue...</i> <b>I require more frequent or longer periods of rest.</b>	0	1	2	3	4
39. <i>Because of my fatigue...</i> <b>I am not able to provide as much emotional support to my family as I should.</b>	0	1	2	3	4
40. <i>Because of my fatigue...</i> <b>Minor difficulties seem like major difficulties.</b>	0	1	2	3	4