

# Marshall Sleep Disorders Center

## Fatigue Severity Scale (FSS)

The Fatigue Severity Scale (FSS) is a method of evaluating the impact of fatigue on you. The FSS is a short questionnaire that requires you to rate your level of fatigue.

The FSS questionnaire contains 9 statements that rate the severity of your fatigue symptoms. Read each statement and circle a number from 1 to 7, based on how accurately it reflects your condition during the past week and the extent to which you agree or disagree that the statement applies to you.

- A low value (e.g., 1) indicates strong disagreement with the statement, whereas a high value (e.g., 7) indicates strong agreement.
- It is important that you circle a number ( 1 to 7) for every question.

### *FSS Questionnaire*

<b>During the past week, I have found that:</b>	<b>Disagree</b>	<b>Agree</b>
1. My motivation is lower when I am fatigued.	1	2 3 4 5 6 7
2. Exercise brings on 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 responsibilities	1	2 3 4 5 6 7
8. Fatigue is among my three 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
	<b>TOTAL SCORE: _____</b>	

### **Scoring your results**

Now that you have completed the questionnaire, it is time to score your results and evaluate your level of fatigue. Add all the numbers you circled to get your total score.

### **The Fatigue Severity Scale Key**

A total score of less than 36 suggests that you may not be suffering from fatigue.

A total score of 36 or more suggests that you may need further evaluation by a sleep physician.

### **YOUR NEXT STEPS:**

*This scale should not be used to make your own diagnosis.*

If your score is 36 or more, please share this information with your physician, or call the Marshall Sleep Disorders Center for an sleep evaluation with one of our sleep staff physicians. You can reach the Marshall Sleep Disorders Center at 256-894-6850.