

# Fatigue – Online Screening Tools

## The Fatigue Severity Scale (FSS)

### [Fatigue Severity Scale \(FSS\) Calculator](#)

The Fatigue Severity Scale (Krupp, LaRocca, Muir-Nash, & Steinberg, 1989) is a 9-item questionnaire to determine the impact of fatigue based on self-report over the past week.

### Fatigue Severity Scale

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. Read each statement and circle a number from 1 to 7 (with 1 = strongly disagree and 7 = strongly agree) based on how accurately it reflects your condition *during the past week*:

| Read the statement, then circle a number (1 to 7)                            | Strongly Disagree | —————→ |   |   |   |   | Strongly Agree |
|--|-------------------|--------|---|---|---|---|----------------|
| 1. My motivation is lower when I am 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 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              |

**How to score:** The FSS score is calculated by the average of the numbers selected (i.e., add all the numbers circled, then divide by 9). The minimum FSS Score = 1 and maximum score possible = 7. Higher scores indicate greater fatigue severity and more significant impact on daily life. While there is no absolute cut off, research suggests that a score above 4 could indicate clinically significant fatigue.

Krupp, L. B., LaRocca, N. G., Muir-Nash, J., & Steinberg, A. D. (1989). Fatigue Severity Scale (FSS) [Database record]. APA PsycTests. <https://doi.org/10.1037/t25491-000>.

## Epworth Sleepiness Scale

### [The Epworth Sleepiness Scale Calculator](#)

The Epworth Sleepiness Scale (ESS) is a scale intended to measure daytime sleepiness that is measured by use of a very short questionnaire. This can be helpful in diagnosing sleep disorders. It was introduced in 1991 by Dr Murray Johns of Epworth Hospital in Melbourne, Australia.

### Epworth Sleepiness Scale<sup>11</sup>

How likely are you to nod off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times.

Even if you haven't done some of these things recently, try to work out how they would have affected you. It is important that you answer each question as best you can.

Use the following scale to choose the most appropriate number for each situation.

|   | Would<br>never<br>nod off<br>0 | Slight<br>chance of<br>nodding off<br>1 | Moderate<br>chance of<br>nodding off<br>2 | High chance<br>of nodding off<br>3 |
|---|--------------------------------|---|---|------------------------------------|
| <b>Sitting and reading</b>  |                                |   |   |                                    |
| <b>Watching TV</b>  |                                |   |   |                                    |
| <b>Sitting, inactive</b> , in a public place<br>(e.g., in a meeting, theater, or<br>dinner event) |                                |   |   |                                    |
| <b>As a passenger in a car</b> for an<br>hour or more without stopping<br>for a break             |                                |   |   |                                    |
| <b>Lying down to rest</b> when<br>circumstances permit  |                                |   |   |                                    |
| <b>Sitting and talking</b> to someone   |                                |   |   |                                    |
| <b>Sitting quietly</b> after a meal<br>without alcohol  |                                |   |   |                                    |
| <b>In a car, while stopped</b> for a few<br>minutes in traffic or at a light                      |                                |   |   |                                    |

Add up your points to get your total score. A score of 10 or greater raises concern: you may need to get more sleep, improve your sleep practices, or seek medical attention to determine why you are sleepy.

Johns, M. W. (1991). A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. *Sleep*, 14(6), 540–545.