

Physical Therapy Toolbox: Fatigue Severity Scale

The Fatigue Severity Scale (FSS); is a method of evaluating the impact of fatigue on you. Please read each of the nine statements below and circle a number from 1 to 7, based on how closely you agree that the statement describes your condition during the past week.

A low value (1) indicates strong disagreement with the statement, whereas a high value (7) indicates strong agreement.

It is important that you circle a number (1 to 7); for every question.

During the past week, I have found that:	Disagree				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

Score (Total of all 9 questions): _____ divided by 9 = _____