



Fatigue Assessment Scale (FAS)

Instructions:

The following ten statements refer to how you usually feel. Please give an answer to each question, even if you do not have any complaints at the moment.

		Never	Sometimes	Regularly	Often	Always
1	I am bothered by fatigue	1	2	3	4	5
2	I get tired very quickly	1	2	3	4	5
3	I don't do much during the day	1	2	3	4	5
4	I have enough energy for everyday life	5	4	3	2	1
5	Physically, I feel exhausted	1	2	3	4	5
6	I have problems to start things	1	2	3	4	5
7	I have problems to think clearly	1	2	3	4	5
8	I feel no desire to do anything	1	2	3	4	5
9	Mentally, I feel exhausted	1	2	3	4	5
10	When I am doing something, I can concentrate quite well	5	4	3	2	1

Developer Reference:

Michielsen, H. J., De Vries, J., & Van Heck, G. L. (2003). Psychometric qualities of a brief self-rated fatigue measure the fatigue assessment scale. *Journal of Psychosomatic Research*, 54, 345–352.

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