

Fatigue Assessment Scale (FAS)

Gender: male female

Age (in years):

The following ten statements refer to how you usually feel. Per statement you can choose one out of five answer categories, varying from Never to Always. Please give an answer to each question, even if you do not have any complaints at the moment: Never, Sometimes (about monthly or less); Regularly (about a few times a month); Often (about weekly) and Always (about every day).

1. I am bothered by fatigue.

Never Sometimes Regularly Often Always

2. I get tired very quickly.

Never Sometimes Regularly Often Always

3. I don't do much during the day.

Never Sometimes Regularly Often Always

4. I have enough energy for everyday life.

Never Sometimes Regularly Often Always

5. Physically, I feel exhausted.

Never Sometimes Regularly Often Always

6. I have problems to start things.

Never Sometimes Regularly Often Always

7. I have problems to think clearly.

Never Sometimes Regularly Often Always

8. I feel no desire to do anything.

Never Sometimes Regularly Often Always

9. Mentally, I feel exhausted.

Never Sometimes Regularly Often Always

10. When I am doing something, I can concentrate quite well.

Never Sometimes Regularly Often Always

When all questions are answered, please push the button >>

Ready

© ild care foundation; www.ildcare.nl; is only allowed with the permission of the ild care foundation: info@ildcare.nl.
Developed by [Gosker Digital Solutions](#).

Referenties:

Drent M, Lower EE, De Vries J. Sarcoidosis-associated fatigue. Eur Respir J 2012; 40: 255–263.
<http://www.ncbi.nlm.nih.gov/pubmed/22441750>

Kleijn WPE, De Vries J, Wijnen PAHM, Drent M. Minimal (clinically) important differences for the Fatigue Assessment Scale in sarcoidosis. Respir Med 2011; 105: 1388-95. <http://www.ncbi.nlm.nih.gov/pubmed/21700440>

De Vries, Michielsen H, Van Heck GL, Drent M. Measuring fatigue in sarcoidosis: the Fatigue Assessment Scale (FAS). Br J Health Psychol 2004; 9: 279-91. <http://www.ncbi.nlm.nih.gov/pubmed/15296678>

