

Multidimensional Fatigue Symptom Inventory (MFSI)

MFSI

Below is a list of statements that describe how people sometimes feel. Please read each item carefully, then circle the one number next to each item which best describes **how true each statement has been for you in the past 7 days**.

	Not at all	A little	Moderately	Quite a bit	Extremely
1. My glands are swollen	0	1	2	3	4
2. I am not interested in sex	0	1	2	3	4
3. I am bewildered.....	0	1	2	3	4
4. I have pain in my chest	0	1	2	3	4
5. I feel frustrated.....	0	1	2	3	4
6. I am clumsy.....	0	1	2	3	4
7. I have trouble remembering things	0	1	2	3	4
8. I limit my social activity	0	1	2	3	4
9. My neck is tender.....	0	1	2	3	4
10. I have trouble talking with others	0	1	2	3	4
11. I feel irritable	0	1	2	3	4
12. My shoulders are stiff.....	0	1	2	3	4
13. I have trouble finishing things	0	1	2	3	4
14. My muscles ache.....	0	1	2	3	4
15. I have trouble doing simple tasks	0	1	2	3	4
16. My head feels heavy	0	1	2	3	4
17. I have trouble sitting up	0	1	2	3	4
18. My legs feel weak.....	0	1	2	3	4
19. I sleep during the day.....	0	1	2	3	4
20. I am short of breath.....	0	1	2	3	4
21. I feel cheerful.....	0	1	2	3	4
22. I feel lively.....	0	1	2	3	4
23. I feel angry.....	0	1	2	3	4
24. I feel washed out.....	0	1	2	3	4
25. I feel feverish.....	0	1	2	3	4

MFSI-SF

Below is a list of statements that describe how people sometimes feel. Please read each item carefully, then circle the one number next to each item which best describes how true each statement has been for you in the past 7 days.

	Not at all	A little	Moderately	Quite a bit	Extremely
1. I have trouble remembering things.....	0	1	2	3	4
2. My muscles ache.....	0	1	2	3	4
3. I feel upset.....	0	1	2	3	4
4. My legs feel weak.....	0	1	2	3	4
5. I feel cheerful.....	0	1	2	3	4
6. My head feels heavy.....	0	1	2	3	4
7. I feel lively.....	0	1	2	3	4
8. I feel nervous.....	0	1	2	3	4
9. I feel relaxed.....	0	1	2	3	4
10. I feel pooped.....	0	1	2	3	4
11. I am confused.....	0	1	2	3	4
12. I am worn out.....	0	1	2	3	4
13. I feel sad.....	0	1	2	3	4
14. I feel fatigued.....	0	1	2	3	4
15. I have trouble paying attention.....	0	1	2	3	4
16. My arms feel weak.....	0	1	2	3	4
17. I feel sluggish.....	0	1	2	3	4
18. I feel run down.....	0	1	2	3	4
19. I ache all over.....	0	1	2	3	4
20. I am unable to concentrate.....	0	1	2	3	4
21. I feel depressed.....	0	1	2	3	4
22. I feel refreshed.....	0	1	2	3	4
23. I feel tense.....	0	1	2	3	4
24. I feel energetic.....	0	1	2	3	4
25. I make more mistakes than usual.....	0	1	2	3	4
26. My body feels heavy all over.....	0	1	2	3	4
27. I am forgetful.....	0	1	2	3	4
28. I feel tired.....	0	1	2	3	4
29. I feel calm.....	0	1	2	3	4
30. I am distressed.....	0	1	2	3	4

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