

VISUAL ANALOGUE SCALE FOR FATIGUE (VAS-F OF LFS)

Table 1. Visual Analogue Scale for Fatigue

Time _____ a.m. _____ p.m. ID # _____ Date _____

I am trying to find out about your level of energy before and after your night of sleep. There are 18 items I would like you to respond to. This should only take about 1 minute of your time. Thank you.

DIRECTIONS: You are asked to place an "X" through these lines to indicate how you are feeling RIGHT NOW. For example, suppose you have not eaten since yesterday. Where would you put the "X" on the line below?

not at all hungry _____ extremely hungry

You would probably put the "X" closer to the "extremely hungry" end of the line. This is where I put it:

not at all hungry _____ extremely hungry

NOW PLEASE COMPLETE THE FOLLOWING ITEMS.

not at all tired	_____	extremely tired
not at all sleepy	_____	extremely sleepy
not at all drowsy	_____	extremely drowsy
not at all fatigued	_____	extremely fatigued
not at all worn out	_____	extremely worn out
not at all energetic	_____	extremely energetic
not at all active	_____	extremely active
not at all vigorous	_____	extremely vigorous
not at all efficient	_____	extremely efficient
not at all lively	_____	extremely lively
not at all bushed	_____	totally bushed
not at all exhausted	_____	totally exhausted
keeping my eyes open is no effort at all	_____	keeping my eyes open is a tremendous chore
moving my body is no effort at all	_____	moving my body is a tremendous chore
concentrating is no effort at all	_____	concentrating is a tremendous chore
carrying on a conversation is no effort at all	_____	carrying on a conversation is a tremendous chore
I have absolutely no desire to close my eyes	_____	I have a tremendous desire to close my eyes
I have absolutely no desire to lie down	_____	I have a tremendous desire to lie down

Items 1-5 and 11-18 belong to the fatigue subscale. Items 6-10 belong to the energy subscale. With actual use, the horizontal lines should be exactly 100 mm. This 2-page instrument is available upon request.