

# FATIGUE

## SELF ASSESSMENT



Multiple Sclerosis Society  
of SA & NT

This tool is designed as part of the series on managing fatigue and is a guide to evaluate your levels of fatigue.

Rate the following 9 statements and circle a number from 1 to 7, based on how well it reflects your condition generally and the extent to which you disagree or agree that the statement applies to you.

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

Statements:	disagree ←————→ agree							
	1	2	3	4	5	6	7	
My motivation is lower when I am fatigued	1	2	3	4	5	6	7	
Exercise brings on my fatigue	1	2	3	4	5	6	7	
I am easily fatigued	1	2	3	4	5	6	7	
Fatigue interferes with my physical functioning	1	2	3	4	5	6	7	
Fatigue causes frequent problems for me	1	2	3	4	5	6	7	
My fatigue prevents sustained physical functioning	1	2	3	4	5	6	7	
Fatigue interferes with carrying out certain duties and responsibilities	1	2	3	4	5	6	7	
Fatigue is among my 3 most disabling symptoms	1	2	3	4	5	6	7	
Fatigue interferes with my work, family or social life	1	2	3	4	5	6	7	
							<b>Total Score:</b>	

### Scoring your results

Now that you have completed the questionnaire, it is time to score your results and evaluate your level of fatigue. Add all the numbers you have circled to get your total score.

A total of less than 36 indicates that you are not suffering from fatigue.

A score of more than 36 suggests that you may be suffering from fatigue.

### Other fatigue management strategies

Additional information sheets are available covering a range of fatigue management strategies. These include the [Fatigue Information Sheet](#), [Fatigue Treatments – Making Informed Decisions](#), [Exercise and Diet](#), [Keeping Cool](#), [Managing Stress](#), [Fatigue Self Assessment](#), and [Planning Your Day](#). The Society has more information sheets included in the symptom series as well as a Healthy Living and Managing MS Series. Please see the website for more details.

If you have any questions or require further information about MS fatigue and its management please contact your GP or health professional at the MS Society

INFO17 CS MS Fatigue – Self Assessment

Last updated March 2011

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