



# PITTSFORD SMILES DENTAL PC

## GENERAL & SPECIALIZED DENTISTRY

### Fatigue Severity Scale (FSS)

Date \_\_\_\_\_ Name \_\_\_\_\_

The FSS questionnaire contains nine statements that attempt to explore severity of fatigue symptoms. Read each statement and circle a number from 1 to 7, which you feel best fits the following statements. This refers to your usual way of life within the last week. 1 indicates “strongly disagree” and 7 indicates “strongly agree”.

Read and circle a number.	Strongly Disagree -> Strongly Agree
1. My motivation is lower when I am fatigued.	1 2 3 4 5 6 7
2. Exercise brings on my fatigue.	1 2 3 4 5 6 7
3. I am easily fatigued.	1 2 3 4 5 6 7
4. Fatigue interferes with my physical functioning.	1 2 3 4 5 6 7
5. Fatigue causes frequent problems for me.	1 2 3 4 5 6 7
6. My fatigue prevents sustained physical functioning.	1 2 3 4 5 6 7
7. Fatigue interferes with carrying out certain duties and responsibilities.	1 2 3 4 5 6 7
8. Fatigue is among my most disabling symptoms.	1 2 3 4 5 6 7
9. Fatigue interferes with my work, family, or social life.	1 2 3 4 5 6 7

**FSS Scoring:** Add up the circled numbers and divide by 9. \_\_\_\_\_

**Compare results with the following scores:**

People who do not experience fatigue score about 2.8

People with Lupus score about 4.6

People with Lyme disease score about 4.8

People with fatigue related to Multiple Sclerosis score about 5.1

People with Chronic Fatigue Syndrome score about 6.1