

Fatigue Assessment Scale (FAS)

Scoring instructions

The questionnaire uses a five-point scale, with the following categories: 1= never, 2 = sometimes; 3= regularly; 4= often; and 5 = always. Questions 4 and 10 should be recoded (1=5, 2=4, 3=3, 4=2, 5=1). The total score should be calculated by summing the scores on all questions. The total score can range from 10 to 50.

Interpretation total score:

- < 22 = "normal" or no fatigue
- ≥ 22 = substantial fatigue
 - 22-34 = fatigue
 - ≥ 35 = extreme fatigue

A change in the FAS score of four points indicates a clinically relevant change (minimal clinically important difference).

Subscales:

- Mental fatigue (items 3, 6-9)
- Physical fatigue (items 1, 2, 4, 5, 10)

References

- de Kleijn, W. P., De Vries, J., Wijnen, P. A., & Drent, M. (2011). Minimal (clinically) important differences for the Fatigue Assessment Scale in sarcoidosis. *Respiratory medicine*, 105(9), 1388-1395.
- Drent, M., Lower, E. E., & De Vries, J. (2012). Sarcoidosis-associated fatigue. *European Respiratory Journal*, 40, 255-263.