

### **Instructions**

The following questionnaire is about problems in everyday life which are directly associated with an extreme form of tiredness (fatigue). This extreme form of tiredness refers to an overwhelming state of lethargy, exhaustion and lack of energy which comes on abruptly and is unrelated to any obvious external causes. It does not mean the sort of isolated episodes which everyone might experience in the course of the day, after exertion, or after a sleepless night!

Please read each statement carefully. Then decide to what extent each statement applies to you and your

8. The demands of my work exhaust me mentally more quickly than they used to.

9. I feel the episodes of exhaustion particularly strongly in my muscles.

10. I no longer have the stamina for long periods of physical activity that I used to have.

11. My powers of concentration decrease considerably when I'm under stress.

12. When I am experiencing episodes of exhaustion, I am less motivated than others to start activities that involve physical effort.

13. My thinking gets increasingly slow when it is hot.

14. When I am experiencing an episode of exhaustion, my mo-n,

19. When it is hot, my main feeling is one of extreme physical weakness and lack of energy.

20. During episodes of exhaustion, I am noticeably more forgetful.