## MULTIDIMENSIONAL ASSESSMENT OF FATIGUE (MAF) SCALE

Instructions: These questions are about fatigue and the effect of fatigue on your activities.

For each of the following questions, circle the number that most closely indicates how you have been feeling during the past week.

For example, suppose you really like to sleep late in the mornings. You would probably circle the number closer to the "a great deal" end of the line. This is where I put it:

Example: To what degree do you usually like to sleep late in the mornings?

	1 Not at	2 all	3	4	5	6	7	8	9 A great	10 deal		•	C	Ś		
Now ple	ease c	omple	ete the	follow	ing iter	ns bas	ed on <u>t</u>	he pa	st week	1						
1. To w	hat de	egree	have	you e	cperie	nced fa	atigue	?	0		e		*			
	1 Not at	2 all	3	4	5	6	7	8	9 A great	10 deal	X					
			lf n	o fatiç	gue, s	top he	ere.	X			]					
2. How severe is the fatigue which you have been experiencing?																
	1 Mild	2	3	4	5	6	7	8	9 Sev	10 vere						
3. To w	hat de	egree	has f	atigue	cause	ed you	distre	ss?								
	1 No dis	2 tress	3	4	5	6	7	8	9 A great of distre	10 deal ess						

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## MULTIDIMENSIONAL ASSESSMENT OF FATIGUE (MAF) SCALE (Continued)

Circle the number that most closely indicates to what degree fatigue has interfered with your ability to do the following activities <u>in the past week</u>. For activities you don't do, for reasons other than fatigue (e.g. you don't work because you are retired), check the box.

In the past week, to what degree has fatigue interfered with your ability to:

(NOTE: Check box to the left of each number if you don't do activity)

4. Do hou	seho	ld cho	ores								. (	$ \mathbf{A} $
1	2 all	3	4	5	6	7	8	9 10 A great deal		• .0	S	
5. Cook								1		0		
1 Not at a	2 all	3	4	5	6	7	8	9 10 A great deal	S			
6. Bathe c	or wa	sh				2		í X	K			
1 Not at a	2 all	3	4	5	6	7	8	9 10 A great deal				
7. Dress				Ø		j,		•				
1 Not at a	2 all	3	4	5	6	7	8	9 10 A great deal				
8. Work				5								
1 Not at a	2 all	3	4	5	6	7	8	9 10 A great deal				
9. Visit or	soci	alize v	with fri	iends	or fami	ily						
1 Not at a	2 all	3	4	5	6	7	8	9 10 A great deal				

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## MULTIDIMENSIONAL ASSESSMENT OF FATIGUE (MAF) SCALE (Continued)

(NOTE: Check box to the left of each number if you don't do activity)

10. Enga	ge in se	exual a	ctivity									
1 Not at		3	4 5	6	7	8	9 A great	10 deal				
11. Enga	ge in lei	isure a	and recre	eational	activiti	es						
1 Not at		3	4 5	6	7	8	9 A great	10 deal		•.	C C	30
12. Shop	and do	erran	ds				4					
1 Not at		3	4 5	6	7	8	9 A great	10 deal	é			
13. Walk							)	×	Q			
1 Not at		3	4 5	6	7	8	9 A great	10 deal				
14. Exerc	cise, oth	er tha	n walkin	g		$\langle \rangle$						
1 Not at	all		4 5	6	7	8	9 A great					
15. Over			k, how of	ten hav	e you l	been	fatigue	d?				
4 3 2 1 <b>16. To w</b> 4 3 2 1	Hardly hat deg Increas	onally, any day ree ha sed the sar	but not mo ys <b>s your f</b> a one up and	ntigue cl	hangec	l duri	ng the I	past w	veek?			

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