This is a **Sample** version of the **Functional Outcomes of Sleep Questionnaire (FOSQ)**

The **full version** of the FOSQ comes without ‘sample’ watermark.

**The full complete 15 page version includes** –
- FOSQ Overview information
- FOSQ Scoring/ Administration instructions
- FOSQ Complete Questionnaire/ Assessment
- FOSQ Clinical Validity

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An Instrument to Measure Functional Status Outcomes for Disorders of Excessive Sleepiness


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Summary: This article reports the development of a new survey device, the functional outcomes of sleep questionnaire (FOSQ). This is the first self-report measure designed to assess the impact of disorders of excessive sleepiness (DOES) on multiple activities of everyday living. Three samples were used in the development and psychometric analyses of the FOSQ: Sample 1 (n = 153) consisted of individuals seeking medical attention for a sleep problem and persons of similar age and gender having no sleep disorder; samples 2 (n = 24) and 3 (n = 51) were composed of patients from two medical centers diagnosed with obstructive sleep apnea (OSA). Factor analysis of the FOSQ yielded five factors: activity level, vigilance, intimacy and sexual relationships, general productivity, and social outcome. Internal reliability was excellent for both the subscales (α = 0.86 to α = 0.91) and the total scale (α = 0.95). Test-retest reliability of the FOSQ yielded coefficients ranging from r = 0.81 to r = 0.90 for the five subscales and r = 0.90 for the total measure. The FOSQ successfully discriminated between normal subjects and those seeking medical attention for a sleep problem (T157, = −5.88, p = 0.0001). This psychometric evaluation of the FOSQ demonstrated parameters acceptable for its application in research and in clinical practice to measure functional status outcomes for persons with DOES. Thus, the FOSQ can be used to determine how disorders of excessive sleepiness affect patients’ abilities to conduct normal activities and the extent to which these abilities are improved by effective treatment of DOES. Key Words: Functional status—Quality of life—Sleepiness—Outcome measures—Sleep disorders.

This article reports the development of a new survey device, the functional outcomes of sleep questionnaire (FOSQ), designed to assess the impact of disorders of excessive sleepiness (DOES) on functional outcomes relevant to daily behaviors and quality of life. No such device has yet been developed for sleep disorders medicine. Although there are numerous sleepiness scales, such as the Stanford sleepiness scale (1) and the Epworth sleepiness scale (2), these measure a patient’s sleepiness state or behaviors along various dimensions, but do not measure how the sleepiness affects a person’s actual daily ability to function. The FOSQ was developed to accomplish the latter. As third-party payers, health care professionals, and health care administrators attempt to provide cost-effective, quality health care, there is increasing concentration on the balance between economic outcomes and the effects of care decisions on a patient’s quality of life (3). Thus, the bottom line for the evaluation of the effective delivery of health care is the patients’ perspective on how this care has affected their daily life (3). Extending beyond the focus on mortality or morbidity as outcomes, Ellwood (3) suggested that “The centerpiece and unifying ingredient of outcomes management is the tracking and measurement of function and wellbeing or quality of life” (p. 1552).

This is no less true for issues surrounding the treatment for DOES where the effectiveness of new treatment modalities centers on their ability to improve the functional status of individuals with these disorders. Functional status, as a measure of quality of life, assesses those activities performed routinely in meeting

This is the end of the SAMPLE FOSQ clinical validity. Please return to page 1 to purchase complete version.
FUNCTIONAL OUTCOMES OF SLEEP QUESTIONNAIRE (FOSQ)

Scoring Instructions September 1996 Version

<table>
<thead>
<tr>
<th>Subscales</th>
<th># Questions</th>
<th>Item #</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Productivity</td>
<td>8 questions</td>
<td>1 - 4, 8 - 11</td>
</tr>
</tbody>
</table>

Subscale Scores: A response score of 0 for an item should be coded as a N/A or missing response. Thus, the potential range of scores for any item is 1 - 4. Calculate the mean of the answered items.

To obtain a Total Score: Take all of the subscale scores and calculate the mean of these scores.

This is the end of the SAMPLE FOSQ scoring & administration instructions. Please return to page 1 to purchase complete version.
Sleep Apnea and the Importance of Treatment
Your sleep specialist has prescribed one of Resperonic’s positive airway pressure devices to treat sleep apnea. This common disorder causes disruptive sleep and leads to other serious, potentially life-altering and life-threatening conditions. If left untreated, you may feel tired or sleepy during the day and you have increased risk for:

- Decreased quality of life
- High blood pressure
- Heart disease and heart attack
- Stroke
- Fatigue-related motor vehicle and work accidents

Functional Outcomes of Sleep Questionnaire (FOSQ) 1
FOSQ is a quality-of-life questionnaire designed specifically for people with sleep disorders. The results allow health care professionals to see how therapy has improved the quality of your life. By completing the questionnaire periodically, you can provide valuable information about the effectiveness of your treatment.

Instructions for Completing the Questionnaire
In this questionnaire, when the words “sleepy” or “tired” are used, it describes the feeling that you can’t keep your eyes open, your head is droopy, that you want to nod off or that you feel the urge to take a nap. These words do not refer to the tired or fatigued feeling you may have after you have exercised.
Q1. Do you generally have difficulty concentrating on the things you do because you are sleepy or tired?
   1  2  3  4

Q2. Do you generally have difficulty remembering things because you are sleepy or tired?
   1  2  3  4

Q3. Do you have difficulty finishing a meal because you become sleepy or tired?
   1  2  3  4

Q4. Do you have difficulty working on a hobby (for example: sewing, collecting, gardening)
because you are sleepy or tired?
   0  1  2  3  4

Q5. Do you have difficulty doing work around the house (for example: cleaning house, doing laundry, taking out the trash, repair work) because you are sleepy or tired?
   0  1  2  3  4

This is the end of the SAMPLE FOSQ questionnaire. Please return to page 1 to purchase complete version.