

This is a **Sample** version of the

Multidimensional Fatigue Symptom Inventory (MFSI)

The **full version** of the MFSI comes without 'sample' watermark.

The full complete 16 page version includes –

- MFSI Overview information
- MFSI & MFSI-SF Scoring/ Administration instructions
- MFSI & MSFI-SF Complete Questionnaire/ Assessment
- MFSI Clinical Validity

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Original Article

Further Validation of the Multidimensional Fatigue Symptom Inventory-Short Form

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Abstract

A growing body of evidence is documenting the multidimensional nature of cancer-related fatigue. Although several multidimensional measures of fatigue have been developed, further validation of these scales is needed. To this end, the current study sought to evaluate the factorial and construct validity of the 30-item Multidimensional Fatigue Symptom Inventory-Short Form (MFSI-SF). A heterogeneous sample of 304 cancer patients (mean age 55 years) completed the MFSI-SF, along with several other measures of psychosocial functioning including the MOS-SF-36 and Fatigue Symptom Inventory, following the fourth cycle of chemotherapy treatment. The results of a confirmatory factor analysis indicated the 5-factor model provided a good fit to the data as evidenced by commonly used goodness of fit indices (CFI 0.90 and IFI 0.90). Additional evidence for the validity of the MFSI-SF was provided via correlations with other relevant instruments (range -0.21 to 0.82). In sum, the current study provides support for the MFSI-SF as a valuable tool for the multidimensional assessment of cancer-related fatigue. J Pain Symptom Manage 2004;27:14-23. © 2004 U.S. Cancer Pain Relief Committee. Published by Elsevier Inc. All rights reserved.

Key Words

Fatigue, assessment, cancer

Introduction

A growing body of evidence has begun to document the complex nature of cancer-related fatigue.¹⁻³ This research has shown that fatigue may manifest in a wide range of symptom domains, including behavioral, cognitive,

somatic, and affective.⁴⁻⁶ Despite the trend toward a multidimensional conceptualization of fatigue, many of the instruments frequently used to assess fatigue in cancer patients provide information only about the severity or intensity of the symptom.^{7,8} Such unidimensional fatigue scales fail to capture the full spectrum of the fatigue symptom profile and are thus of limited research and clinical utility.

More recently, several researchers have developed multidimensional fatigue instruments that assess a wider range of domains in which

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Multidimensional Fatigue Symptom Inventory (MFSI),

The **Multidimensional Fatigue Symptom Inventory (MFSI)**, is an 83-item self-report measure designed to assess the principal manifestations of fatigue. Items are rated on a 5-point scale indicating how true each statement was for the respondent during the last week (0=not at all; 4=extremely). The MFSI consists of both rationally and empirically derived subscales. The rationally derived subscales, which were developed on the basis of expert assignment to categories, are designed to assess global, somatic, affective, cognitive, and behavioral manifestations of fatigue. The empirically derived subscales, which were developed using factor analysis, are considered to assess general, physical, emotional, and mental manifestations of fatigue as well as vigor, an estimate of the patient's energy level. Additional information about the MFSI can be found in:

Stein, K. D., Martin, S. C., Hann, D. M., & Jacobsen, P. B. (1998). A multidimensional measure of fatigue for use with cancer patients. Cancer Practice, 6, 143-152.

The **Multidimensional Fatigue Symptom Inventory- Short Form (MFSI-SF)** is a 30-item short form of the MFSI that yield scores only for the empirically derived subscales. Preliminary research suggests that it has acceptable psychometric properties and may be used as a substitute for the MFSI when time constraints and scale length are of concern. Additional information about the MFSI-SF can be found in:

Stein, K. D., Jacobsen, P. B., Blanchard, C. M., Thors, C. T. (2004). Further validation of the Multidimensional Fatigue Symptom Inventory-Short Form (MFSI-SF). Journal of Pain and Symptom Management, 27, 14-23.

ADMINISTRATION AND SCORING

MFSI Scoring

The MFSI can be scored for both the rationally derived and empirically derived scales. Higher scores indicate more fatigue.

The scoring for the rationally derived scales is as follows:

- 1) Global scale = sum of items 26, 35, 43, 45, 52, 54, 60, 62, 70*, 71, 78 / 11
 - 2) Somatic scale = sum of items.
-

The scoring for the empirically derived scales is as follows:

MFSI-SF Scoring

- 1) General scale = sum of items 10, 12, ...
-

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MFSI

Below is a list of statements that describe how people sometimes feel. Please read each item carefully, then circle the one number next to each item which best describes **how true each statement has been for you in the past 7 days.**

	Not at all	A little	Moderately	Quite a bit	Extremely
1. My glands are swollen	0	1	2	3	4
2. I am not interested in sex	0	1	2	3	4
3. I am bewildered.....	0	1	2	3	4
4. I have pain in my chest	0	1	2	3	4
5. I feel frustrated.....	0	1	2	3	4
6. I am clumsy.....	0	1	2	3	4
7. I have trouble remembering things	0	1	2	3	4
8. I limit my social activity	0	1	2	3	4
9. My neck is tender.....	0	1	2	3	4
10. I have trouble talking with others	0	1	2	3	4
11. I feel irritable	0	1	2	3	4
12. My shoulders are stiff	0	1	2	3	4
13. I have trouble finishing things	0	1	2	3	4
14. My muscles ache.....	0	1	2	3	4
15. I have trouble doing simple tasks	0	1	2	3	4
16. My head feels heavy	0	1	2	3	4
17. I have trouble sitting up	0	1	2	3	4

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

MFSI-SF

Below is a list of statements that describe how people sometimes feel. Please read each item carefully, then circle the one number next to each item which best describes **how true each statement has been for you in the past 7 days.**

		Not at all	A little	Moderately	Quite a bit	Extremely
1.	I have trouble remembering things	0	1	2 2	3	4
2.	My muscles ache.....	0	1	2	3	4 4
3.	I feel upset.....	0	1	2 2	3	4 4
4.	My legs feel weak	0	1 1	2 2	3 3	4
5.	I feel cheerful	0	1 1	2	3 3	4
6.	My head feels heavy	0	1	2	3	4
7.	I feel lively	0	1		3	4
8.	I feel nervous	0				4
9.	I feel relaxed	0				
10.	I feel pooped	0	1	2	3	
11.	I am confused.....	0	1	2	3	
12.	I am worn out.....	0	1 1	2 2	3 3	

**This is the end of the SAMPLE MFSI-SF questionnaire.
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