

This is a **Sample** version of the  
**Visual Analogue Scale (VAS-F)**

The **full version** of the VAS-F comes without 'sample' watermark.

**The full complete 11 page version includes –**

- VAS-F Overview information
- VAS-F Scoring/ Administration instructions
- VAS-F Complete Questionnaire/ Assessment
- VAS-F Clinical Validity

**Buy full version here -  for \$6.00**

---

Once you have paid for your item you will receive a direct link to download your full complete e-book instantly. You will also receive an email with a link to download your e-book. Each purchased product you order is available to download for 24 hours from time of purchase. Should you have any problems or enquiries please contact - [info@agedcaretests.com](mailto:info@agedcaretests.com)  
To see more assessments tests and scales go to - [www.agedcaretests.com](http://www.agedcaretests.com)

# Validity and Reliability of a Scale to Assess Fatigue

Kathryn A. Lee, Gregory Hicks, and German Nino-Murcia

*Received April 20, 1990; revised version received September 17, 1990; accepted November 2, 1990.*

**Abstract.** A visual analogue scale to evaluate fatigue severity (VAS-F) was developed and tested in a sample of 75 healthy individuals and a sample of 57 patients undergoing medical evaluation for sleep disorders. The scale consists of 18 items related to fatigue and energy, has simple instructions, and is completed with minimal time and effort. The VAS-F compares favorably with the Stanford Sleepiness Scale and the Profile of Mood States, and its internal consistency reliabilities are high. Healthy subjects demonstrated significant differences between their evening and morning scores on the VAS-F, while sleep-disordered patients did not.

**Key Words.** Fatigue, energy, visual analogue scales, sleep disorders.

Fatigue is a phenomenon of concern to health care providers because of its implications for safety in the work setting (Yoshitake, 1978) and because of its prevalence among persons with physical or emotional illness (Solberg, 1984; Sugarman and Berg, 1984; Kroenke et al., 1988; Kruesi et al., 1989; Krupp et al., 1989). The prevalence of fatigue in the general U.S. population is estimated to be between 14% and 20% (Chen, 1986). From a physiologist's perspective, fatigue can be defined as the end result of excessive energy consumption, depleted hormones, or diminished ability of muscle cells to contract. Anemia, infection, impaired oxygenation, and other physiological conditions deplete energy reserves by creating an unrelenting physical demand for energy expenditure. From a psychiatric perspective, fatigue can be defined as a subjective state of weariness related to reduced motivation, prolonged mental activity, or boredom that occurs in situations such as chronic stress, anxiety, or depression. Clinical intervention for patients who complain of fatigue is related to resolution of the physiological or psychiatric problem.

With fatigue being an important indicator of illness or responsiveness to medical intervention, valid and reliable measures for perception of fatigue and its severity are important to both researchers and clinicians. Yet, quantitative measures for estimating subjective perceptions are difficult to construct. Instead of obtaining an

---

**This is the end of the SAMPLE VAS-F clinical validity.  
Please return to page 1 to purchase complete version.**

# Visual Analogue Scale – Fatigue (VAS-F)

## Scoring & Administration

Visual analogue lines are easily understood by subjects and require very little reading skill. This VAS-F was simple to administer and required little time for completion.

The VAS-F has been shown to be a valid and reliable instrument for the quantitative assessment of fatigue and energy levels in both healthy subjects and patients who complain of poor sleep. It allows health care providers to assess fatigue in a rapid, quantitative manner.

Potential uses include assessments of fatigue before and after clinical interventions as an indication of the effectiveness of therapy, and stable measurement of a subjective variable using continuous interval scales for research purposes.

**Purpose:** The scale consists of 18 items relating to the subjective experience of fatigue. Each item asks respondents to place an "X," representing how they currently feel, along a visual analogue line that extends between two extremes (e.g., from "not at all tired" to "extremely tired"). In contrast to discrete, Likert-type scales, the VAS-F places fewer restrictions on the range of responses available to individuals. However, the benefits of a visual analogue scale may be offset by the frequent reluctance of individuals to use the highest and lowest extremes.

**Population for Testing:** The scale has been validated with adults aged 18-55 years.

**Administration:** A self-report, paper-and-pencil measure, the scale requires between 5 and 10 min for completion.

**Scoring:** Each line is 100 mm in length- thus, scores ....

### 1) Fatigue subscale (13 items).

The mean fatigue score is computed by summing scores...

**This is the end of the SAMPLE VAS-F scoring instructions.  
Please return to page 1 to purchase complete version.**

### Visual Analogue Scale to Evaluate Fatigue Severity (VAS-F)

ID # \_\_\_\_\_ Date \_\_\_\_\_

Time \_\_\_\_\_ a.m. \_\_\_\_\_ p.m.

We are trying to find out about your level of energy before and after your night of sleep. There are 18 items we would like you to respond to. This should take less than 1 minute of your time. Thank you.

DIRECTIONS: You are asked to circle a number on each of the following lines to indicate how you are feeling RIGHT NOW.

For example, suppose you have not eaten since yesterday.  
What number would you circle below?

not at all  
hungry 0 1 2 3 4 5 6 7 8 9 10 extremely  
hungry

You would probably circle a number closer to the "extremely hungry" end of the line.  
This is where I put it:

not at all  
hungry 0 1 2 3 4 5 6 (8) 9 10 extremely  
hungry

NOW PLEASE COMPLETE THE FOLLOWING ITEMS:

1. not at all **tired** 0 1 2 3 4 5 6 7 8 9 10 extremely **tired**
2. not at all **sleepy** 0 1 2 3 4 5 6 7 8 9 10 extremely **sleepy**
3. not at all **drowsy** 0 1 2 3 4 5 6 7 8 9 10 extremely **drowsy**
4. not at all **fatigued** 0 1 2 3 4 5 6 7 8 9 10 extremely **fatigued**
5. not at all **worn out** 0 1 2 3 4 5 6 7 8 9 10 extremely **worn out**
6. not at all **energetic** 0 1 2 3 4 5 6 7 8 9 10 extremely **energetic**
7. not at all **active** 0 1 2 3 4 5 6 7 8 9 10 extremely **active**
8. not at all **vigorous** 0 1 2 3 4 5 6 7 8 9 10 extremely **vigorous**

**This is the end of the SAMPLE VAS-F questionnaire.  
Please return to page 1 to purchase complete version.**