**PIPER FATIGUE SCALE (PFS)**

**Instructions:** Many individuals can experience a sense of unusual or excessive tiredness whenever they become ill, receive treatment, or recover from their illness/treatment. This unusual sense of tiredness is not usually relieved by either a good night’s sleep or by rest. Some call this symptom “fatigue” to distinguish it from the usual sense of tiredness.

For each of the following questions, please fill in the space provided for that response that best describes the fatigue you are experiencing now or for today. Please make every effort to answer each question to the best of your ability. If you are not experiencing fatigue now or for today, fill in the circle indicating “0” for your response.

**PFS current format and scoring instructions:**

The PFS in its current form is composed of **22 numerically scaled**, "0" to "10" items that measure four dimensions of subjective fatigue: **behavioural/severity** (**6 items**; # 2-7); **affective meaning** (**5 items**: # 8-12); **sensory** (**5 items**: # 13-17); and **cognitive/mood** (**6 items**: # 18-23). These 22 items are used to calculate the **four sub-scale/dimensional scores and the total fatigue scores**.

**Five additional items** (# 1 and # 24-27) **are not used to calculate** subscale or total fatigue scores but are recommended to be kept on the scale as these items furnish rich, qualitative data. Item # 1, in particular gives a categorical way in which to assess the duration of the respondent's fatigue.

To score the PFS, **add the items contained on each specific subscale together and divide by the number of items on that subscale**. This will give you a subscale score that remains on the same "0" to "10" numeric scale. Should you have missing item data, and the respondent has answered at least 75%-80% of the remaining items on that subscale, calculate the subscale mean score based on the number of items answered, and substitute that mean value for the missing item score (mean-item substitution).

Recalculate the subscale score. To calculate the total fatigue score, add the 22- item scores together and divide by 22 in order to keep the score on the same numeric "0" to "10" scale.1

1. **How long have you been feeling fatigue?** (Check one response only). **Not scored**

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| --- | --- |
| **Non-Scored Question** | **Clients Score** |
| * ­Not feeling fatigue |  |
| * Minutes |  |
| * Hours |  |
| * Days |  |
| * Weeks |  |
| * Months |  |
| * Other (Please describe) |  |

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| **Scored Questions** | **Clients Score** |
| 1. **To what degree is the fatigue you are feeling now causing you distress out of 10?**   **Scale** [1 does not interfere and 10 a great deal of interference] |  |
| 1. **To what degree is the fatigue you are feeling now interfering with your ability to complete your work or school activities?**   **Scale** [1 none and 10 a great deal of interference] |  |
| 1. **To what degree is the fatigue you are feeling now interfering with your ability to socialize with your friends?**   **Scale** [1 does not interfere and 10 a great deal of interference] |  |
| 1. **To what degree is the fatigue you are feeling now interfering with your ability to engage in sexual activity?**   **Scale** [1 does not interfere and 10 a great deal of interference] |  |
| 1. **Overall, how much is the fatigue which you are now experiencing interfering with your ability to engage in the kind of activities you enjoy doing?**   **Scale** [1 does not interfere and 10 a great deal of interference] |  |
| 1. **How would you describe the degree of intensity or severity of the fatigue which you are experiencing now?**   **Scale** [1 mild and 10 severe] |  |
| **Behavioural/severity (6 items; # 2-7)**  **Add the items together and divide by 6** |  |
| 1. **To what degree would you describe the fatigue which you are experiencing now as being?**   **Scale** [1 pleasant (agreeable) and 10 unpleasant (disagreeable)] |  |
| 1. **To what degree would you describe the fatigue which you are experiencing now as being?**   **Scale** [1 pleasant (agreeable) and 10 unpleasant (disagreeable)] |  |
| 1. **To what degree would you describe the fatigue which you are experiencing now as being?**   **Scale** [1 protective (shielding) and 10 destructive (negative)] |  |
| 1. **To what degree would you describe the fatigue which you are experiencing now as being?**   **Scale** [1 positive (highly pleasant) and 10 negative (displeasing)] |  |
| 1. **To what degree would you describe the fatigue which you are experiencing now as being**   **Scale** [1 normal and 10 negative abnormal] |  |
| **Affective meaning (5 items: # 8-12)**  **Add the items together and divide by 5** |  |
| 1. **To what degree are you now feeling:**   **Scale** [1 strong (physically/ mentally) and 10 weak (physically/ mentally)] |  |
| 1. **To what degree are you now feeling:**   **Scale** [1 awake (physically/ mentally) and 10 sleepy (physically/ mentally)] |  |
| 1. **To what degree are you now feeling:**   **Scale** [1 lively (physically/ mentally) and 10 listless/lethargic (physically/ mentally)] |  |
| 1. **To what degree are you now feeling:**   **Scale** [1 refreshed (physically/ mentally) and 10 tired/lethargic (physically/ mentally)] |  |
| 1. **To what degree are you now feeling:**   **Scale** [1 energetic (physically/ mentally) and 10 unenergetic (physically/ mentally)] |  |
| **Sensory (5 items: # 13-17)**  **Add the items together and divide by 5** |  |
| 1. **To what degree are you now feeling:**   **Scale** [1 patient/ tolerant and 10 impatient/intolerant (physically/ mentally)] |  |
| 1. **To what degree are you now feeling:**   **Scale** [1 relaxed (physically/ mentally) and 10 a great deal relaxed (physically/ mentally)] |  |
| 1. **To what degree are you now feeling:**   **Scale** [1 exhilarated (physically/ mentally) and 10 depressed (physically/ mentally)] |  |
| 1. **To what degree are you now feeling:**   **Scale** [1 ability to concentrate and 10 unable to concentrate] |  |
| 1. **To what degree are you now feeling:**   **Scale** [1 able/ability to remember and 10 unable to remember] |  |
| 1. To what degree are you now feeling:   **Scale** [1 able/ability to think clearly and 10 unable to think clearly] |  |
| **Cognitive/mood (6 items: # 18-23)**  **Add the items together and divide by 6** |  |

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| **The Clients Piper Fatigue Score** | |
| **Numerical Score** | **Grading** |
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| **Severity Codes:** | **Gradings** |
| 0 | None |
| 1-3 | Mild |
| 4-6 | Moderate |
| 7-10 | Severe |

1. **Overall, what do you believe is most directly contributing to or causing your fatigue? Not scored**

**Answer**

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**Answer**

**References**

* Piper BF, Dibble SL, Dodd MJ, Weiss MC, Slaughter RE, Paul SM. The revised Piper Fatigue Scale: psychometric evaluation in women with breast cancer. Oncol Nurs Forum. 1998 (4):677-84.