

**Purpose** Consisting of 30 questions related to the effects of fatigue on daily activities, the instrument was designed to evaluate the respondent's quality of life as it relates to disorders of excessive sleepiness. Five domains of day-to-day life are examined: activity levels, vigilance, intimacy and sexual relationships, productivity, and social outcomes. The questionnaire is indicated for both research and clinical purposes (screening, assessing treatment outcomes, etc.). Recently, Chasens and colleagues [1] created a shorter, 10-item version of the scale in order to allow for rapid and efficient administration.

**Population for Testing** With approximately a fifth-grade reading level, the questionnaire is designed for adults suffering from disorders of excessive sleepiness.

**Administration** Requiring between 10 and 15 min for completion, the instrument is designed for self-report using pencil and paper.

**Reliability and Validity** Developers Weaver and colleagues [2] conducted a psychometric study of the instrument and demonstrated an internal

reliability of  $\alpha=.95$  and a test-retest reliability ranging from .81 to .90. In a validation study of the 10-item version, Chasens and colleagues [1] found an internal consistency of .87. Results on the shorter scale were also highly correlated with the original FOSQ.

**Obtaining a Copy** A copy can be found in the developers' original published article [2].

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**Scoring** For each of the five domains examined, respondents indicate the degree of difficulty they experience when attempting certain activities because they are sleepy or tired. Lower scores designate more acute issues with sleepiness: 4 means "no difficulty," 3 is "yes, a little difficulty," 2 is "yes, moderate difficulty," and 1 means "yes, extreme difficulty."

### Functional Outcomes of Sleep Questionnaire (FOSQ)

Here are some sample questions from the scale: (Approval for full scale is not received)

<u>Item</u>	1 yes, extreme difficulty	2 yes, moderate difficulty	3 yes, a little difficulty	4 no difficulty
Difficulty keeping pace with others your own age	1	2	3	4
Rating of general level of activity	1	2	3	4
Relationship with family/friends been affected	1	2	3	4
Difficulty watching television	1	2	3	4
Difficulty operating motor vehicle for long distances	1	2	3	4
Difficulty participating in meetings of a group	1	2	3	4
Ability to become sexually aroused affected	1	2	3	4
Desire for intimacy or sex affected	1	2	3	4
Difficulty concentrating on things	1	2	3	4
Difficulty getting things done because too sleepy to drive	1	2	3	4
Difficulty performing employed or volunteer work	1	2	3	4
Difficulty visiting with family/friends in their house	1	2	3	4

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### References

1. Chasens, E. R., Ratcliffe, S. J., & Weaver, T. E. (2009). Development of the FOSQ-10: a short version of the functional outcomes of sleep questionnaire. *Sleep, 32*(7), 915–919.
2. Weaver, T. E., Laizner, A. M., Evans, L. K., Maislin, G., Chugh, D. K., Lyon, K., et al. (1997). An instrument to measure functional status outcomes for disorders of excessive sleepiness. *Sleep, 20*(10), 835–843.

### Representative Studies Using Scale

- Weaver, T. E., & Cueller, N. (2006). A randomized trial evaluating the effectiveness of sodium oxybate therapy on quality of life in narcolepsy. *Sleep, 29*, 1189–1194.
- Shaheen, N. J., Madanick, R. D., Alattar, M., Morgan, D. R., Davis, P. H., Galanko, J. A., Spacek, M. B., & Vaughn, B. V. (2008). Gastroesophageal reflux disease as an etiology of sleep disturbance in subjects with insomnia and minimal reflux symptoms: a pilot study of prevalence and response to therapy. *Digestive Diseases and Sciences, 53*(6), 1493–1499.