

**Purpose** The original purpose of this adjectival checklist was to distinguish between tiredness, sleepiness, and fatigue. With such a wide spectrum of adjectives available to describe fatigue and its associated energy states, scale developers hoped to create a measure that would be sensitive to a variety of experiences related to these states of energy deficiency. The checklist consists of 50 adjectives found to cluster into five subscales prompted by the acronym FACES: Fatigue (adjectives like “exhausted,” “drained,” and “weary”), Anergy (“indolent,” “languid”), Consciousness (“comatose,” “unconscious”), Energy (“vigorous,” “lively”), and Sleepiness (“sleepy,” “drowsy”). Unlike the Fatigue Assessment Scale (FAS; Chap. 33), the FACES is a multidimensional approach to the construct of fatigue.

**Population for Testing** The scale has been validated with a population of insomnia patients with a mean age of  $43.5 \pm 13.9$  years.

**Administration** Requiring between 5 and 10 min for completion, the scale is a self-report, paper-and-pencil measure.

**Reliability and Validity** Developers Shapiro and colleagues [1] evaluated the psychometric properties of the scale and found an internal consistency ranging from .78 to .97. The checklist also possessed good convergent validity, with the sleepiness and consciousness subscales correlating highly with scores on the Epworth Sleepiness Scale.

**Obtaining a Copy** A copy of the scale’s items can be found in an article published by developers [1].

Direct correspondence to:  
Colin M. Shapiro  
Telephone: +1-416-603-5273  
Email: [suzanne.alves@uhn.on.ca](mailto:suzanne.alves@uhn.on.ca)

**Scoring** Respondents use a scale ranging from 0 (“not at all”) to 3 (“strongly”) to indicate the degree to which they have experienced each feeling or energy state over the course of the previous week. Higher scores indicate more acute states of tiredness or fatigue, except for those items belonging to the energy subscale.

## FACES ADJECTIVE CHECKLIST

Below is a list of words that describe feelings people have. Please read each one carefully. Then circle the ONE number corresponding to the adjective phrase that best describes **HOW YOU HAVE BEEN FEELING DURING THE PAST WEEK INCLUDING TODAY**. If you are unfamiliar with any of the words, please circle the question mark (?) to the right of the rating scale. The numbers refer to the following descriptive phrases:

1. Fatigued	0	1	2	3	4	?	26. Comatose	0	1	2	3	4	?
2. Worn-out	0	1	2	3	4	?	27. Unconscious	0	1	2	3	4	?
3. Exhausted	0	1	2	3	4	?	28. Dormant	0	1	2	3	4	?
4. Wacked-out	0	1	2	3	4	?	29. Bombed	0	1	2	3	4	?
5. Drained	0	1	2	3	4	?	30. Blurry-eyed	0	1	2	3	4	?
6. Pooped	0	1	2	3	4	?	31. Vigorous	0	1	2	3	4	?
7. Overtired	0	1	2	3	4	?	32. Full of pep	0	1	2	3	4	?
8. Weary	0	1	2	3	4	?	33. Lively	0	1	2	3	4	?
9. Tired	0	1	2	3	4	?	34. Charged-up	0	1	2	3	4	?
10. Spent	0	1	2	3	4	?	35. Wide-eyed	0	1	2	3	4	?
11. Bushed	0	1	2	3	4	?	36. Energetic	0	1	2	3	4	?
12. Out of Steam	0	1	2	3	4	?	37. Carefree	0	1	2	3	4	?
13. Frazzled	0	1	2	3	4	?	38. Active	0	1	2	3	4	?
14. Limited Endurance	0	1	2	3	4	?	39. Cheerful	0	1	2	3	4	?
15. Achy Muscles	0	1	2	3	4	?	40. Alert	0	1	2	3	4	?
16. Indolent	0	1	2	3	4	?	41. Snoozy	0	1	2	3	4	?
17. Languid	0	1	2	3	4	?	42. Sleepy	0	1	2	3	4	?
18. Soporific	0	1	2	3	4	?	43. Drowsy	0	1	2	3	4	?
19. Lassitude	0	1	2	3	4	?	44. Slumber	0	1	2	3	4	?
20. Supine	0	1	2	3	4	?	45. Heavy-eyed	0	1	2	3	4	?
21. Accidie	0	1	2	3	4	?	46. Half-Awake	0	1	2	3	4	?
22. Phlegmatic	0	1	2	3	4	?	47. Sluggish	0	1	2	3	4	?
Line of Least													
23. Resistance	0	1	2	3	4	?	48. Yawning	0	1	2	3	4	?
24. Jaded	0	1	2	3	4	?	49. Dozy	0	1	2	3	4	?
25. Apathetic	0	1	2	3	4	?	50. Somnambulant	0	1	2	3	4	?

### Reference

- Shapiro, C. M., Flanigan, M., Fleming, J. A. E., Morehouse, R., Moscovitch, A., Plamondon, J., Reinish, L., & Devins, G. M. (2002). Development of an adjective checklist to measure five FACES of fatigue and sleepiness: data from a national survey of insomniacs. *Journal of Psychosomatic Research*, 52, 467–473.

### Representative Studies Using Scale

- Shen, J., Hossain, N., Streiner, D. L., Ravindran, A. V., Wang, X., Deb, P., Huang, X., Sun, F., & Shapiro, C. M. (2011). Excessive daytime sleepiness and fatigue in depression patients and therapeutic response of a sedating antidepressant. *Journal of Affective Disorder*, 134, 421–426.
- Shahid, A., Shen, J., & Shapiro, C. M. (2010). Measurements of sleepiness and fatigue. *Journal of Psychosomatic Research*, 69, 81–89.