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

100

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.

Reliability and Validity Initial psychometric evaluations conducted by Lee and colleagues [1] have demonstrated a high internal reliability ranging from .94 to .96. Concurrent validity has

been established with the Stanford Sleepiness Scale and the Profile of Mood States scale. Still, some have criticized the scale as ambiguous, suggesting that it is not sensitive to the distinction between fatigue and sleepiness [2].

Obtaining a Copy A copy can be found in the original article published by developers [1].

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Scoring Each line is 100 mm in length – thus, scores fall between 0 and 100. The instrument also possesses two subscales: fatigue (items 1–5 and 11–18) and energy (items 6–10). Though individuals do not require training in order to score the scale, developers are quick to point out that high levels of inter-rater reliability are vital if results are to be correctly interpreted.

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?

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

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 |

9.	not at all efficient	0	1	2	3	4	5	6	7	8	9	10	extremely efficient
10.	not at all lively	0	1	2	3	4	5	6	7	8	9	10	extremely lively
11.	not at all bushed	0	1	2	3	4	5	6	7	8	9	10	totally bushed
12.	not at all exhausted	0	1	2	3	4	5	6	7	8	9	10	totally exhausted
13.	keeping my eyes open is no effort at all	0	1	2	3	4	5	6	7	8	9	10	keeping my eyes open is a tremendous chore
14.	moving my body is no effort at all	0	1	2	3	4	5	6	7	8	9	10	moving my body is a tremendous chore
15.	concentrating is no effort at all	0	1	2	3	4	5	6	7	8	9	10	concentrating is a tremendous chore
16.	carrying on a conversation is no effort at all	0	1	2	3	4	5	6	7	8	9	10	carrying on a conversation is a tremendous chore
17.	I have absolutely no desire to close my eyes	0	1	2	3	4	5	6	7	8	9	10	I have a tremendous desire to close my eyes
18.	I have absolutely no desire to lie down	0	1	2	3	4	5	6	7	8	9	10	I have a tremendous desire to lie down

References

1. Lee, K. A., Hicks, G., & Nino-Murcia, G. (1991). Validity and reliability of a scale to assess fatigue. *Psychiatry Research, 36*, 291–298.
2. LaChappelle, D. L. & Finlayson, M. A. J. (1998). An evaluation of subjective and objective measures of fatigue in patients with brain injury and healthy controls. *Brain Injury, 12*(8), 649–659.

Representative Studies Using Scale

None.