

## **Attachment D8**

### **Fatigue Scale**

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VI. Many people experience a sense of extreme or excessive tiredness during and at the end of the work day.

For each question, check the box that most accurately reflects how often you experience each aspect of fatigue.

		Everyday (1)	At least once a week (2)	At least once a month (3)	Less than once a month (4)	Never (5)
<b>Physical fatigue</b> involves extreme physical tiredness and an inability to engage in physical activity. During the <b>PAST 6 MONTHS</b> , how often did you...						
1	Feel physically exhausted at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Have difficulty engaging in physical activity at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Feel physically worn out at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Want to physically shut down at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Feel physically drained at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Want to avoid anything that took too much physical energy at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Mental fatigue</b> involves extreme mental tiredness and an inability to think or concentrate. During the <b>PAST 6 MONTHS</b> , how often did you...						
7	Feel mentally exhausted at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Have difficulty thinking and concentrating at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	Feel mentally worn out at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Want to mentally shut down at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	Feel mentally drained at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	Want to avoid anything that took too much mental energy at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Emotional fatigue</b> involves extreme emotional tiredness and an inability to feel or show emotions. During the <b>PAST 6 MONTHS</b> , how often did you...						
13	Feel emotionally exhausted at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	Have difficulty showing and dealing with emotions at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	Feel emotionally worn out at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	Want to emotionally shut down at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	Feel emotionally drained at the end of the workday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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