

FCS

Instructions: The following statements describe different thoughts people have when they are fatigued. For each statement, please check the box which indicates how often each thought is true for you when you are fatigued. You may find it helpful to think back to the most recent time you were fatigued and imagine you are answering these questions while you are fatigued. Mark only one response for each item and try to answer every item.

	Never true	Some of the time true	One half of the time true	Most of the time true	All of the time true
1. I feel like I just want to get up and run away.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I imagine the fatigue becoming even more intense and exhausting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I begin thinking of all the possible bad things that could go wrong in association with the fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I tell myself I don't think I can bear the fatigue any longer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I find myself worrying about possibly dying.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I find myself expecting the worst.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I tend to think that my fatigue is pretty awful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I can't help but concentrate on how terrible the fatigue actually feels.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I find it virtually impossible to keep my mind off my fatigue and how exhausted I am.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I begin to worry that something might be seriously wrong with me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>