

Vanderbilt Fatigue Scale- Adult version-10 items (VFS-A-10)

Sometimes communicating with others, or just listening, can be physically, mentally, or emotionally tiring. **For each item below, select the SINGLE response that best describes how often you experience the following in a typical WEEK.**

		Never/ Almost Never	Rarely	Sometimes	Often	Almost Always/ Always
1.	I feel worn out from everyday listening.	0	1	2	3	4
2.	Struggling to listen and understand makes me feel tired.	0	1	2	3	4
3.	I get so exhausted from listening that I cannot do the things I enjoy.	0	1	2	3	4
4.	I schedule my day to avoid getting tired from listening.	0	1	2	3	4
5.	I get so tired from listening that I start to miss details in a conversation.	0	1	2	3	4
6.	I get so exhausted from listening that I go to bed early.	0	1	2	3	4
7.	I withdraw when I am unable to follow conversations in noisy places.	0	1	2	3	4
8.	Feeling tired from listening causes strain on my relationships.	0	1	2	3	4
9.	I feel emotionally drained when it is hard for me to listen and understand.	0	1	2	3	4
10.	It takes a lot of energy to listen and understand.	0	1	2	3	4

Summed Scoring

To calculate a score simply sum the responses for each item. Scores can range from a minimum of 0 to a maximum of 40.

Item Response Theory (IRT) Scoring

We are currently developing R code to allow for IRT scoring of data sets. Once completed the code will be available for free download.