

Vanderbilt Fatigue Scale-Adult version- 40 items (VFS-A-40)

Sometimes communicating with others, or just listening, can be physically, mentally, or emotionally tiring. This questionnaire will help us understand how you feel, and respond, in different listening and communication settings.

The following items ask how OFTEN you experience or react in a certain way, in a given situation. For example, responding " Almost Always/Always" indicates that in the situation described (e.g., in noisy situations) you always or almost always experience a particular reaction (e.g., you feel tired or avoid a situation). On the other hand, responding "Never/Almost Never" indicates that in the situation described you never, or almost never, have such a reaction.

For each item, select the SINGLE response which best describes your day-to-day experiences over a typical WEEK.

Item Code	Item	Never/ Almost Never	Rarely	Sometimes	Often	Almost Always/ Always
1. C3_1	It takes A LOT of mental effort to understand what people are saying.	0	1	2	3	4
2. C2_1	I become mentally tired when it is hard to listen.	0	1	2	3	4
3. C2_2	It takes a lot of energy to listen and understand.	0	1	2	3	4
4. P3_1	I feel worn out from everyday listening.	0	1	2	3	4
5. P3_2	I need a nap after a long period of listening.	0	1	2	3	4
6. S3_1	Feeling tired from listening causes strain on my relationships.	0	1	2	3	4
7. C3_2	I get so tired from trying to hear that I stop engaging.	0	1	2	3	4
8. S3_2	I leave noisy situations early to avoid getting too tired.	0	1	2	3	4
9. S3_3	I avoid listening situations that make me tired.	0	1	2	3	4
10. E2_1	I get frustrated when I have to put a lot of energy into listening.	0	1	2	3	4
11. S3_4	I get so exhausted from listening that I cannot do the things I enjoy.	0	1	2	3	4
12. E2_2	How often do you feel emotionally tired due to trouble hearing and understanding?	0	1	2	3	4
13. C3_3	I get so tired from listening that I start to miss details in a conversation.	0	1	2	3	4
14. C3_4	Trying to listen to conversations in the car makes me tired.	0	1	2	3	4

Vanderbilt Fatigue Scale-Adult version- 40 items (VFS-A-40)

Item Code	Item	Never/ Almost Never	Rarely	Sometimes	Often	Almost Always/ Always
15. P3_3	I schedule my day to avoid getting tired from listening.	0	1	2	3	4
16. P3_4	I get headaches after taking part in group conversations.	0	1	2	3	4
17. E3_1	Trying to hear and understand makes me frustrated and emotionally tired.	0	1	2	3	4
18. E1_1	It is embarrassing when I cannot understand what people say.	0	1	2	3	4
19. P3_5	I get so exhausted from listening that I go to bed early.	0	1	2	3	4
20. E3_2	Struggling to understand makes me feel emotionally tired.	0	1	2	3	4
21. P2_1	How often do you feel tired due to trouble hearing and understanding?	0	1	2	3	4
22. S2_1	Listening to people I don't know well is tiring.	0	1	2	3	4
23. P2_2	I must rest after listening to people all day.	0	1	2	3	4
24. P3_6	I arrange my day so I can rest between difficult listening situations.	0	1	2	3	4
25. E3_3	I feel emotionally drained when it is hard for me to listen and understand.	0	1	2	3	4
26. S1_1	I withdraw when I am unable to follow conversations in noisy places.	0	1	2	3	4
27. E2_3	Stressful listening wears me out.	0	1	2	3	4
28. C1_1	It takes more effort to listen in noisy places.	0	1	2	3	4
29. C3_5	I get mentally tired when it is hard to hear and understand.	0	1	2	3	4
30. P2_3	Listening to fast-paced conversations wears me out.	0	1	2	3	4
31. P1_1	Struggling to listen and understand makes me feel tired.	0	1	2	3	4

Vanderbilt Fatigue Scale-Adult version- 40 items (VFS-A-40)

The following items ask you how much you agree, or disagree, with a particular statement. For these items, "strongly agree" indicates that the statement is very true for you, or closely matches your feeling or experience. Whereas "strongly disagree" suggests the statement is not at all true for you, or doesn't match your feeling or experience in that setting.

Again, for each item, select the SINGLE response which best describes your day-to-day experiences over a typical WEEK.

Item Code	Item	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
32. E3_4	Listening fatigue is a problem in my life.	0	1	2	3	4
33. C2_3	Trying to understand in noisy conditions is mentally taxing for me.	0	1	2	3	4
34. S3_5	I do not socialize much because of tiredness from listening.	0	1	2	3	4
35. S2_2	I prefer to avoid social events that will make me tired from listening.	0	1	2	3	4
36. E3_5	I get so tired from listening that it has a severe negative effect on my well-being.	0	1	2	3	4
37. C3_6	I spend a lot of energy just trying to listen.	0	1	2	3	4
38. S2_3	Social interactions are tiring when I cannot read lips and/or facial expressions.	0	1	2	3	4
39. E3_6	Listening fatigue is a daily struggle.	0	1	2	3	4
40. S3_6	I try to avoid social events that involve listening in background noise.	0	1	2	3	4

Scoring information

Summed Scoring

VFS-A-40 Subscale scores: To calculate Emotional (E), Social (S), Cognitive (C) and Physical (P) subscale scores simply sum the responses for each item in a given category. Subscale scores can range from a minimum of 0 to a maximum of 40.

Emotional Subscale Score = Sum of Items 10, 12, 17, 18, 20, 25, 27, 32, 36, 39.

Social Subscale Score = Sum of Items 6, 8, 9, 11, 22, 26, 34, 35, 38, 40.

Cognitive Subscale Score = Sum of Items 1, 2, 3, 7, 13, 14, 28, 29, 33, 37.

Physical Subscale Score = Sum of Items 4, 5, 15, 16, 19, 21, 23, 24, 30, 31.

VFS-A-40 Total Score: = Sum of all subscale scores. Total scores can range from 0 to 160.

Item Response Theory (IRT) Scoring

R code for IRT scoring has been made available at the Center for Open Science and can freely downloaded at the following:

<https://osf.io/dpy9m/>

Citation:

Hornsby, B. W. Y., Camarata, S., Cho, S.-J., Davis, H., McGarrigle, R., & Bess, F. H. (2021). Development and Validation of the Vanderbilt Fatigue Scale for Adults (VFS-A). *Psychological Assessment*. 33(8), 777-788.
<http://dx.doi.org/10.1037/pas0001021>.