

# VANDERBILT FATIGUE SCALE-PARENT (VFS-P)

This scale is designed to assess listening-related fatigue in children aged 6-17 years via parent proxy.

**Instructions:** Sometimes communicating, or just trying to listen and understand, can be physically, mentally, or emotionally tiring for children. For each item below, select the SINGLE response that best describes how often your child experiences the following in a typical WEEK. Do not skip any questions.

**CHILD NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

<b>MENTAL FATIGUE</b>	<b>NEVER</b>	<b>RARELY</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALMOST ALWAYS</b>
My child gets frustrated when it is difficult to hear.	0	1	2	3	4
My child prefers to be alone after listening for a long time.	0	1	2	3	4
My child shuts down after listening for a long time.	0	1	2	3	4
Listening takes a lot of effort for my child.	0	1	2	3	4
My child gets tired of listening by the end of the day.	0	1	2	3	4
My child shuts down if he/she becomes frustrated from listening.	0	1	2	3	4
My child “gives up” in difficult listening situations.	0	1	2	3	4
<b>PHYSICAL FATIGUE</b>	<b>NEVER</b>	<b>RARELY</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALMOST ALWAYS</b>
My child needs time to relax after school.	0	1	2	3	4
My child is so tired that he/she lays down to rest.	0	1	2	3	4
My child seems drained at the end of the day.	0	1	2	3	4
My child is more tired during the week than on weekends.	0	1	2	3	4
My child needs to relax after a tiring day of listening.	0	1	2	3	4

**Mental Fatigue Subscale Score:**

**Physical Fatigue Subscale Score:**

See page two for scoring and interpretation information.

## SUMMED SCORING

**VFS-P Summed Scores:** The VFS-P results in two subscale scores: mental fatigue and physical fatigue.

**Mental Fatigue Subscale Score:** To calculate a score, simply sum the responses to the items in the mental fatigue section (7 questions total). Scores can range from 0 to 28.

**Physical Fatigue Subscale Score:** To calculate a score, simply sum the responses to the items in the physical fatigue section (5 questions total). Scores can range from 0 to 20.

FATIGUE SUBSCALE SCORE RANGE*		INDICATION**
MENTAL	PHYSICAL	
0-14	0-12	While fatigue-related issues cannot be ruled out, problems with listening-related fatigue are relatively infrequent. Approximately 84% of our normative sample of typically developing children*** had scores within this range.
15-24	13-17	Problems with listening-related fatigue are relatively frequent for the child and thus <b>additional follow-up may be warranted</b> . Scores in this range are at least one standard deviation above the mean of the normative sample.
25-28	18-20	Problems with listening-related fatigue are very common and thus may have a significant impact on the child's academic and psychosocial function. <b>Additional follow-up is warranted</b> . Score is at least two standard deviations above the mean of the normative sample.

\*Information regarding the derivation of cut-off scores can be found in the VFS-Peds User Guide.

\*\*See VFS-Peds User Guide for suggestions regarding potential follow-up procedures.

\*\*\*Typically developing was defined as children without hearing loss or other disabilities, per parent report. See VFS-Peds User Guide for details.

## ITEM RESPONSE THEORY (IRT) SCORING (FOR RESEARCH USE)

**IRT Scoring:** R code was developed to allow for IRT scoring of data sets (i.e., data from a group of respondents). The R code is not designed to be used to calculate scores for a single individual. As such, it may be most appropriate for research purposes. The R-code is available for free download from the following link: <https://osf.io/vpjf5/>

## ACCESSING THE VFS-PEDS AND USER GUIDE

The VFS-Peds is comprised of three scales to assess listening-related fatigue in children. In addition to the VFS-P, there are two additional scales—one for teachers (VFS-T) and one for children (VFS-C). All test forms and the VFS-Peds User Guide are freely available for clinical, educational, and research use at the following link: <https://www.vumc.org/vfs/scales-and-user-guide>

## RESOURCES

See the Resources page of the VFS website for additional information about listening-related fatigue as well as suggested intervention strategies. <https://www.vumc.org/vfs/vanderbilt-fatigue-scales>