

The Pediatric Vanderbilt Fatigue Scales-(VFS-Peds)

This document includes the following:

Vanderbilt Fatigue Scale- Child self-report version (VFS-C)

Vanderbilt Fatigue Scale- Parent proxy-report version (VFS-P)

Vanderbilt Fatigue Scale- Teacher proxy-report version (VFS-T)

Vanderbilt Fatigue Scale-Child (VFS-C)

This scale is designed to assess listening-related fatigue in children.

Sometimes people feel tired from listening and trying to understand. We would like to know how you feel when you listen in different places.

Please read each sentence and circle the SINGLE response that best describes how often you feel or act that way in a typical WEEK.

ITEM	NEVER	RARELY	SOMETIMES	OFTEN	ALMOST ALWAYS
1. I want to “zone out” in very noisy places.	0	1	2	3	4
2. It is hard for me to concentrate when lots of people are talking.	0	1	2	3	4
3. My brain gets tired after listening all day.	0	1	2	3	4
4. I get worn out from listening at school.	0	1	2	3	4
5. Trying to listen at school stresses me out.	0	1	2	3	4
6. I use a lot of energy trying to listen in class.	0	1	2	3	4
7. I want to go to sleep after a long day of listening.	0	1	2	3	4
8. I give up trying to listen when I get tired.	0	1	2	3	4
9. I get so tired from listening that I don’t want to do anything else.	0	1	2	3	4
10. I feel worn out when I have to listen carefully.	0	1	2	3	4

Vanderbilt Fatigue Scale-Child (VFS-C)

Scoring information

Summed Scoring

VFS-C Total Score: To calculate a score simply sum the responses to each item. VFS-C Total scores can range from 0 to 40. The table below shows scores that are ≥ 1 or 2 standard deviations above the mean summed score for the VFS-C normative sample.

VFS-Peds Scale	Summed Score Cut-off points	
	*1 st. dev.	**2 st. dev.
VFS-C (Child Self-report)- 10 items	27	37

*Scores \geq than the 1 standard deviation cut point suggests that problems with listening-related fatigue are relatively frequent for the child and thus additional follow-up may be warranted.

**Scores \geq than the 2 standard deviation cut point suggests that problems with listening-related fatigue are very common and thus may have a significant impact on the child's academic and psychosocial function.

For more information about how these cut-offs were established, please see the Interpretation section (page 3) of the VFS-Peds User Guide on our website: vumc.org/vfs

Item Response Theory (IRT) Scoring

We have also developed R code to allow for IRT scoring of data sets. IRT scoring may be particularly useful for research purposes. The R-code is available for free download from the following link:

<https://osf.io/vpjf5/>

Vanderbilt Fatigue Scale-Parent (VFS-P)

This scale is designed to assess listening-related fatigue in children.

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.

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

Vanderbilt Fatigue Scale-Parent (VFS-P)

Scoring information

Summed Scoring

VFS-P Mental Fatigue Subscale Score: To calculate a score simply sum the responses to items 1-7.

VFS-P Mental fatigue subscale scores can range from 0 to 28.

VFS-P Physical Fatigue Subscale Score: To calculate a score simply sum the responses to items 8-12.

VFS-P Physical fatigue subscale scores can range from 0 to 20.

The table below shows scores that are ≥ 1 or 2 standard deviations above the mean summed score for the VFS-P normative sample.

VFS-Peds Scale	Summed Score Cut-off points	
	*1 st. dev.	**2 st. dev.
VFS-P (Parent Proxy-report)		
• Mental fatigue- 7 items	15	25
• Physical fatigue- 5 items	13	18

*Scores \geq than the 1 standard deviation cut point suggests that problems with listening-related fatigue are relatively frequent for the child and thus additional follow-up may be warranted.

**Scores \geq than the 2 standard deviation cut point suggests that problems with listening-related fatigue are very common and thus may have a significant impact on the child's academic and psychosocial function.

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<https://osf.io/vpif5/>

Vanderbilt Fatigue Scale-Teacher (VFS-T)

This scale is designed to assess listening-related fatigue in children.

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 student experiences the following in a typical WEEK.

ITEM	NEVER	RARELY	SOMETIMES	OFTEN	ALMOST ALWAYS
1. The student will “check out” after long periods of listening.	0	1	2	3	4
2. The student seems less motivated to do work after listening for a long time.	0	1	2	3	4
3. The student stops participating when struggling to hear.	0	1	2	3	4
4. The student seems to get worn out from listening all day at school.	0	1	2	3	4
5. The student has trouble concentrating when it is difficult to hear.	0	1	2	3	4
6. The student seems to give up more easily when having trouble listening.	0	1	2	3	4
7. The student appears irritated when it is hard to hear and understand.	0	1	2	3	4
8. The student needs listening breaks in order to stay on task.	0	1	2	3	4

Vanderbilt Fatigue Scale-Teacher (VFS-T)

Scoring information

Summed Scoring

VFS-T Total Score: To calculate a score simply sum the responses to each item. VFS-T Total scores can range from 0 to 32. The table below shows scores that are ≥ 1 or 2 standard deviations above the mean summed score for the VFS-P normative sample.

VFS-Peds Scale	Summed Score Cut-off points	
	*1 st. dev.	**2 st. dev.
VFS-T (Teacher Proxy-report)- 10 items	23	31

*Scores \geq than the 1 standard deviation cut point suggests that problems with listening-related fatigue are relatively frequent for the child and thus additional follow-up may be warranted.

**Scores \geq than the 2 standard deviation cut point suggests that problems with listening-related fatigue are very common and thus may have a significant impact on the child's academic and psychosocial function.

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