

Empirical Sleepiness and Fatigue Scales

PsycTESTS Citation:

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Test Shown: Full

Test Format:

The ESS is scored on a four-point scale (0=never doze off, 3=high chance of dozing) and the FSS is scored on a six-point Likert scale (1=strongly disagree, 6=strongly agree).

Source:

Bailes, Sally, Libman, Eva, Baltzan, Marc, Amsel, Rhonda, Schondorf, Ron, & Fichten, Catherine S. (2006). Brief and distinct empirical sleepiness and fatigue scales. *Journal of Psychosomatic Research*, Vol 60(6), 605-613. doi: 10.1016/j.jpsychores.2005.08.015, © 2006 by Elsevier. Reproduced by Permission of Elsevier.

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Empirical Sleepiness and Fatigue Scales

Items

Empirical Sleepiness Scale items^a

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired?

Sitting and reading

Watching TV

Sitting inactive in a public place (e.g., theatre, meeting)

As a passenger in a car for an hour when circumstances permit

Sitting and talking to someone

Sitting quietly after lunch without alcohol

Empirical Fatigue Scale items^b

Exercise brings on my fatigue

I start things without difficulty but get weak as I go on

I lack energy

^a All items from the Epworth Sleepiness Scale [22]. Scoring is on a 4-point scale (0 = *never doze off*, 3 = *high chance of dozing*), with a range of 0 to 18: higher scores indicate greater sleepiness.

^b Scoring is on a 6-point Likert scale (1 = *strongly disagree*, 6 = *strongly agree*) with a range of 3 to 18; higher scores indicating greater fatigue.