

THE FSS SCALE

Circle a number from 1 to 7 that indicates your agreement or disagreement with each statement.

数字 1 至 7 代表对下列每一陈述同意或反对的程度，请在最能表达您观点的数字上画圈。

- | | |
|---------------------------------|---------|
| 1. = Strongly Disagree | 强烈不同意 |
| 2. = Moderately Disagree | 中等程度不同意 |
| 3. = Slightly Disagree | 轻度不同意 |
| 4. = Neither Agree nor Disagree | 不知道 |
| 5. = Slightly Agree | 轻度同意 |
| 6. = Moderately Agree | 中等程度同意 |
| 7. = Strongly Agree | 强烈同意 |

	Strongly Disagree			Neither Agree Nor Disagree			Strongly Agree
1. My motivation is lower when I am fatigued. 当我疲劳时，我的干劲较低。	1	2	3	4	5	6	7
2. Exercise brings on my fatigue. 锻炼使我疲劳。	1	2	3	4	5	6	7
3. I am easily fatigued. 我容易疲劳。	1	2	3	4	5	6	7
4. Fatigue interferes with my physical functioning. 疲劳干扰了我的身体机能。	1	2	3	4	5	6	7
5. Fatigue causes frequent problems for me. 疲劳经常给我带来问题。	1	2	3	4	5	6	7
6. My fatigue prevents sustained physical functioning. 我的疲劳使我不能持续发挥身体机能。	1	2	3	4	5	6	7

7 Fatigue interferes with carrying out certain duties and responsibilities. 1 2 3 4 5 6 7

疲劳影响完成特定任务和承担责任。

8 Fatigue is among my three most disabling symptoms. 1 2 3 4 5 6 7

疲劳是我三个最影响我功能的三个症状之一。

9. Fatigue interferes with my work, family, or social life. 1 2 3 4 5 6 7

疲劳干扰了我的工作，家庭和社会生活。