

FATIGUE SEVERITY SCALE

IsiZulu Version

Kulelisonto eledlule, ngithole ukuthi:	Angivumi neze			Ngiphakathi nendawo, angivumi angiphiki		Ngiyavuma impela	
	1	2	3	4	5	6	7
1. Umlandla wami ubuwehlile uma bengikhathele.	1	2	3	4	5	6	7
2. Ukujima kungilethela ukukhathala.	1	2	3	4	5	6	7
3. Ngikhathala kalula.	1	2	3	4	5	6	7
4. Ukukhathala kuphazamisa ukusebenza kwami ngokomzimba.	1	2	3	4	5	6	7
5. Ukukhathala kungibangela izinkinga kaningana	1	2	3	4	5	6	7
6. Ukukhathala kwami kungivimbela ukwenza izinto ngingayeki.	1	2	3	4	5	6	7
7. Ukukhathala kuphazamisa indlela engenza ngayo imisebenzi nokunye okumele ngikwenze.	1	2	3	4	5	6	7
8. Ukukhathala kungenye yezinto ezintathu ezingikhubaza kakhulu.	1	2	3	4	5	6	7
9. Ukukhathala kuphazamisa impilo yami yasemsebenzini, yasekhaya, kanye neyenzhlalakahle	1	2	3	4	5	6	7