

PROMIS Fatigue Short Form for Multiple Sclerosis (PROMIS-Fatigue_{MS})

by the

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PROMIS-Fatigue_{MS} (Clinician/Researcher Version)

<i>In the past 7 days...</i>	Never	Rarely	Some- times	Often	Always
How often were you too tired to think clearly?	1	2	3	4	5
How often were you too tired to enjoy life?	1	2	3	4	5
How often did you find yourself getting tired easily?	1	2	3	4	5
How often did you feel tired even when you hadn't done anything?	1	2	3	4	5
How often did you have trouble finishing things because of your fatigue?	1	2	3	4	5
How often did you have to push yourself to get things done because of your fatigue?	1	2	3	4	5
How often did your fatigue interfere with your social activities?	1	2	3	4	5
<i>In the past 7 days...</i>	Not at all	A little bit	Some- what	Quite a bit	Very Much
To what degree did your fatigue interfere with your physical functioning?	1	2	3	4	5

Scoring the PROMIS-Fatigue_{MS}

Each question has five response options ranging in value from one to five. To find the total raw score, sum the values of the response to each question.

Use the table at right to translate the total raw score into a T-score for each participant. The T-score rescales the raw score into a standardized score with a mean of 50 and a standard deviation (SD) of 10. Therefore, a person who has a T-score of 40 is one SD below the U.S. general population mean. These conversions are accurate **ONLY** when all questions on the form have been answered.

Important: A higher PROMIS T-score represents more of the concept being measured. For negatively-worded concepts like fatigue, a T-score of 60 is one SD worse than average. By comparison, a fatigue T-score of 40 is one SD better than average.

<http://www.assessmentcenter.net>
<http://nihpromis.org>

See this publication for more details on scale development and properties.

Cook KF, **Bamer AM**, Roddey TS, Kraft GH, Kim J, Amtmann D. A PROMIS fatigue short form for use by individuals who have multiple sclerosis. *Quality of Life Research*, 2012 Aug;21(6):1021-30.

PROMIS-Fatigue _{MS} Raw Score	Equivalent PROMIS T-Score
8	34.7
9	39.9
10	42.3
11	44.1
12	45.6
13	46.8
14	48.0
15	49.1
16	50.2
17	51.3
18	52.4
19	53.5
20	54.5
21	55.6
22	56.7
23	57.7
24	58.8
25	59.8
26	60.9
27	62.0
28	63.0
29	64.1
30	65.2
31	66.3
32	67.4
33	68.6
34	69.8
35	71.1
36	72.4
37	73.9
38	75.6
39	77.9
40	81.3