Instruction:
On the next page you find 20 statements. With these statements we wish to get an impression of how you have felt during the last two weeks. For example:

**I feel relaxed**

If you feel that this statement is **entirely true**, tick the left box; as follows:

I feel relaxed

<table>
<thead>
<tr>
<th>yes, that is true</th>
<th>no, that is not true</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

If you feel that this statement is **not true at all**, tick the right box; as follows:

I feel relaxed

<table>
<thead>
<tr>
<th>yes, that is true</th>
<th>no, that is not true</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

If you feel that this statement is neither "yes, that is true", nor "no, that is not true", tick the box that is most in accordance with how you have felt.
For example, if you feel relaxed, but not very relaxed, tick one of the boxes close to "yes, that is true": as follows:

I feel relaxed

<table>
<thead>
<tr>
<th>yes, that is true</th>
<th>no, that is not true</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

Do not skip any statement and tick each statement only once.
1. I feel tired. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

2. I feel very active. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

3. Thinking requires effort. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

4. Physically I feel exhausted. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

5. I feel like doing lots of nice things. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

6. I feel fit. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

7. I am physically very active. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

8. When I am doing something, I can keep my thoughts on it. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

9. I feel powerless. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

10. I am physically not very active. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

11. I find it easy to focus my mind. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

12. I am rested. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

13. It takes a lot of effort to concentrate on things. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

14. Physically I feel I am in bad form. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

15. I have a lot of plans. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

16. I tire easily. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

17. My level of physical activity is low. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

18. I don’t feel like doing anything. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

19. My thoughts easily wander. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]

20. Physically I feel I am in an excellent condition. yes, that is true [ ] [ ] [ ] [ ] no, that is not true [ ] [ ] [ ] [ ]
For the items: **2, 5, 6, 7, 8, 11, 12, 15, 20** is the scoring as follows:

<table>
<thead>
<tr>
<th>yes, that is true</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>no, that is not true</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For the items: **1, 3, 4, 9, 10, 13, 14, 16, 17, 18, 19** is the scoring as follows:

<table>
<thead>
<tr>
<th>yes, that is true</th>
<th>7</th>
<th>6</th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>no, that is not true</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Subsequently the four subscales are calculated by summing the respective items. A higher the score means more problems.

**subscale 1: Severity of fatigue**  items 1, 4, 6, 9, 12, 14, 16, 20

**subscale 2: Concentration problems** items 3, 8, 11, 13, 19

**subscale 3: Decreased Motivation** items 2, 5, 15, 18

**subscale 4: Decreased Physical Activity** items 7, 10, 17