Fatigue:
- May be the direct cause of limitation (basic action / other activities) in respondents’ minds
- Focus on
  - Recurring or extended weariness or exhaustion
  - With an impact on basic action or activities
  - Caused by a health related problem

Four questions to assess the severity of fatigue
- Concept and severity well captured?
- All of them necessary?
FREQUENCY

FATIGUE 1. In the past 3 months, how often did you feel very tired or exhausted?

- Never
- Some days
- Most days
- Every day
- Missing/Did not ask
DURATION
FATIGUE 2. Thinking about the last time you felt very tired or exhausted, how long did it last?

- Some of the day
- Most of the day
- All of the day
- Missing/Did not ask

0  5  10  15  20  25  30  35  40
Interview summary and data quality

INTENSITY

FATIGUE 3. Thinking about the last time you felt this way, how would you describe the level of tiredness?

- A little
- Somewhere in between a little and a lot
- A lot
- Missing/Did not ask
FATIGUE 3a. Would you say it was closer to a little, closer to a lot, or exactly in the middle?

- Closer to a little: 3
- Exactly in the middle: 12
- Closer to a lot: 6
- Missing/Did not ask: 1
Interview summary and data quality

CAUSE

FATIGUE 4. Is your tiredness the result of any of the following?

- Not getting enough sleep: 22
- Too much work or exercise: 20
- A physical or health related problem: 18
- Because of medication side effects: 5
- Something Else: 15

NB: possibility of multiple answers
General Construct from narratives (F1)

- Mainly cause, consequences or degree/intensity of fatigue.
- Rarely duration.
  - Does not last → “Some days” or “Never”.

![Bar chart](chart.png)
Degree: Very tired, exhausted or just tired? (F1)

- Mention of degree of fatigue or distinction between low and high degree of fatigue (half Rs)
- Just tired → answer to F1 = “never” or “some days”
- No distinction between gender, educational level or country.

Conclusion:

- Concept well captured. Reference to exhaustion and big fatigue.
Concept of fatigue

Consequences: Impact on daily activities

- Consequences (39 out of 79 Rs):
  - Impact on daily activities (13):
    - no limitation / adaptation
  - Impact on sleep (18):
    - seen as sign of fatigue rather than adaptation
  - Lack of energy, do not feel like having activities (11):
    - Spain, US; psychological definition of fatigue

- No significant differences between age, gender, educational level but between countries.
Severity of fatigue

Frequency

Frequency (F1) x Duration (F2)

Frequency (F1) x Intensity (F3)

- Every day
- Most days
- Some days

- Some of the day
- Most of the day
- All of the day

- A little
- Somewhere in between a little and a lot
- A lot
Severity of fatigue

Frequency
Frequency (F1) x Cause (F4)

Continuum in severity according to frequency

Dichotomisation:
- Non problematic fatigue: “Some days”
- Problematic fatigue: “Most days” and “Every day”
Severity of fatigue

Last episode

- Representative?

Fatigue

- Frequent
  - Last episode ↔ No specific time
    - YES

- Episodic
  - Last episode ≠ No specific time
    - SOMETIMES
    - YES

Intensity of last episode and severity:
may be intense despite rare fatigue, but mainly caused by work, rarely by a health problem or medication side effects
→ overall low severity
Severity of fatigue

Last episode

- Drop intensity question ($F1 = \text{high level of fatigue}$)
- Duration: more discriminating (episodic health problem)
Severity of fatigue

Cause of fatigue

- Not getting enough sleep: in scope (external/health related reasons)?
- Other reasons (15): psychological (stress, depression), family and household duties (Italian women)
  → add psychological cause?
- Causal imputation not always easy