

Fatigue

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Background and Objectives

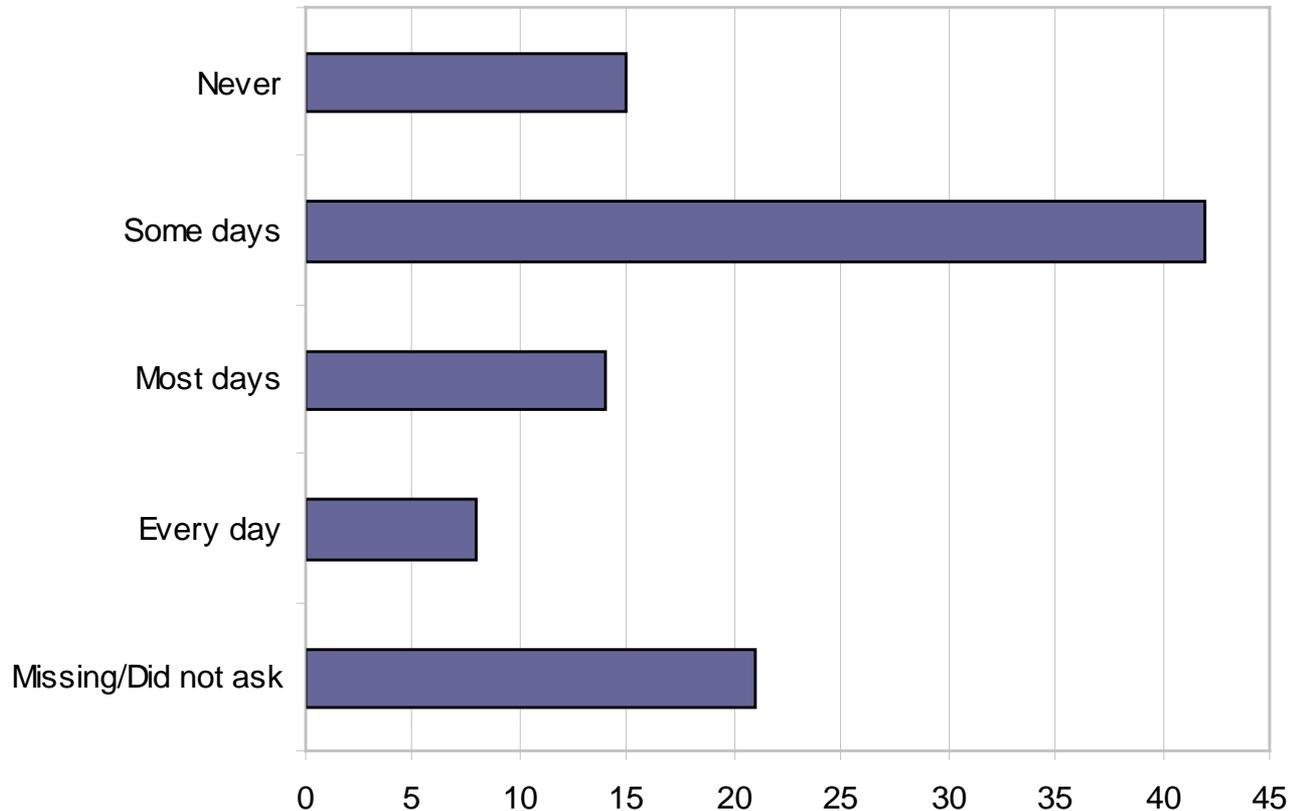
Fatigue:

- 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?

Interview summary and data quality

FREQUENCY

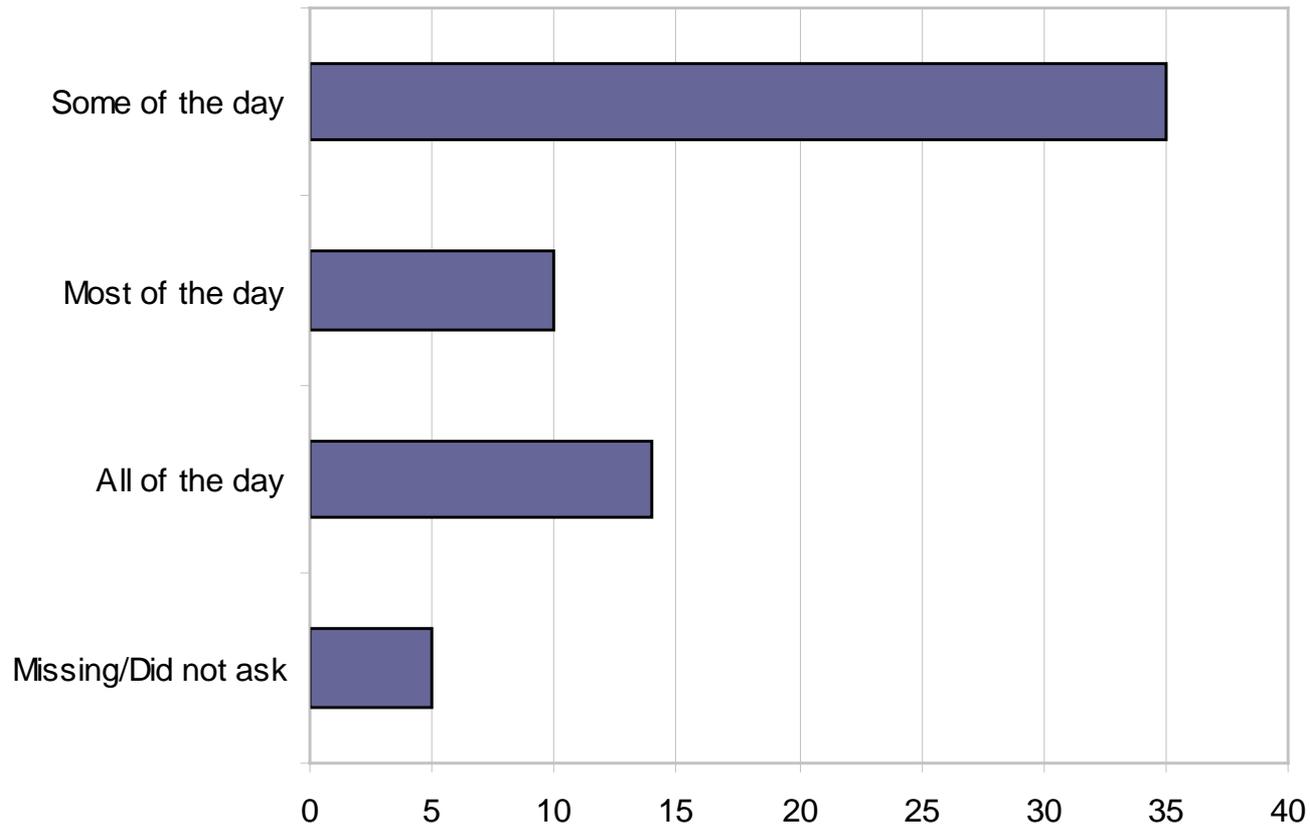
FATIGUE 1. In the past 3 months, how often did you feel very tired or exhausted?



Interview summary and data quality

DURATION

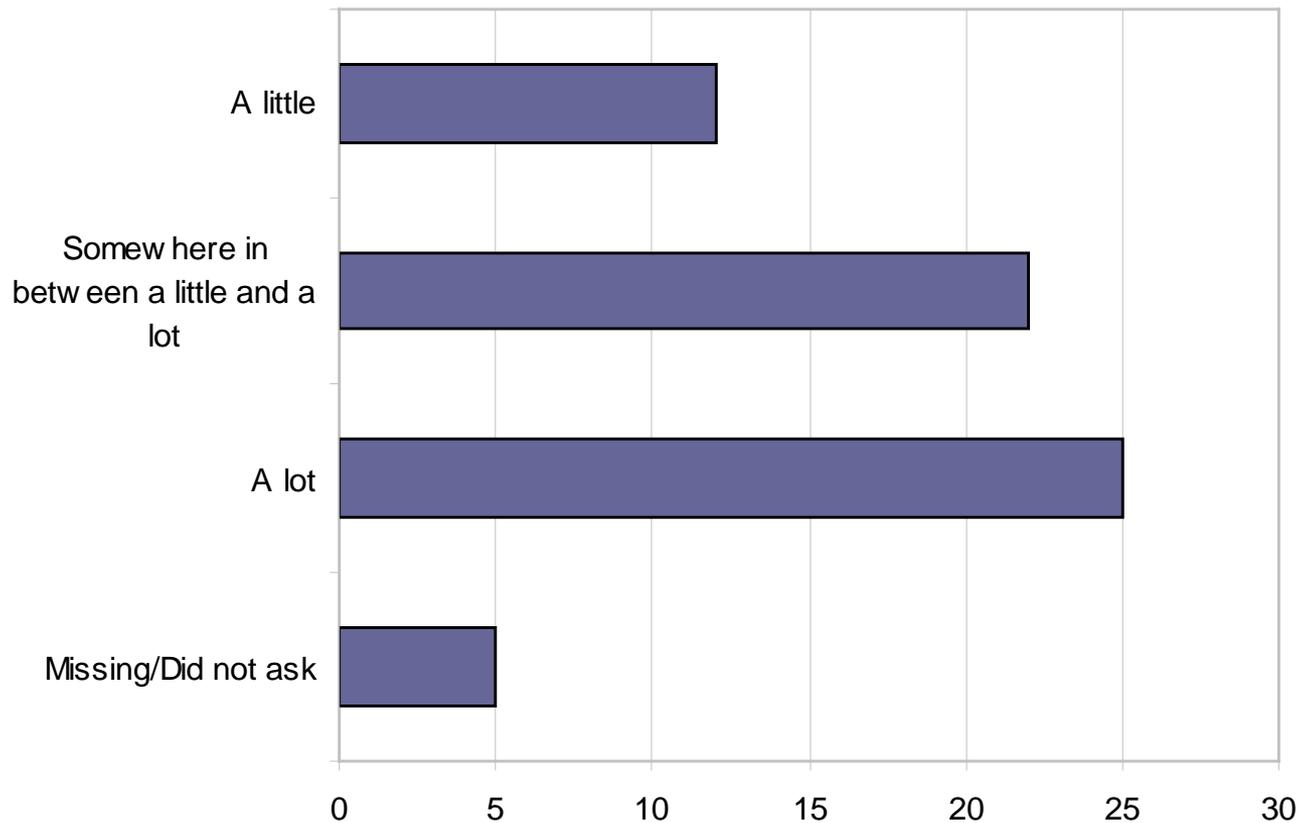
FATIGUE 2. Thinking about the last time you felt very tired or exhausted, how long did it last?



Interview summary and data quality

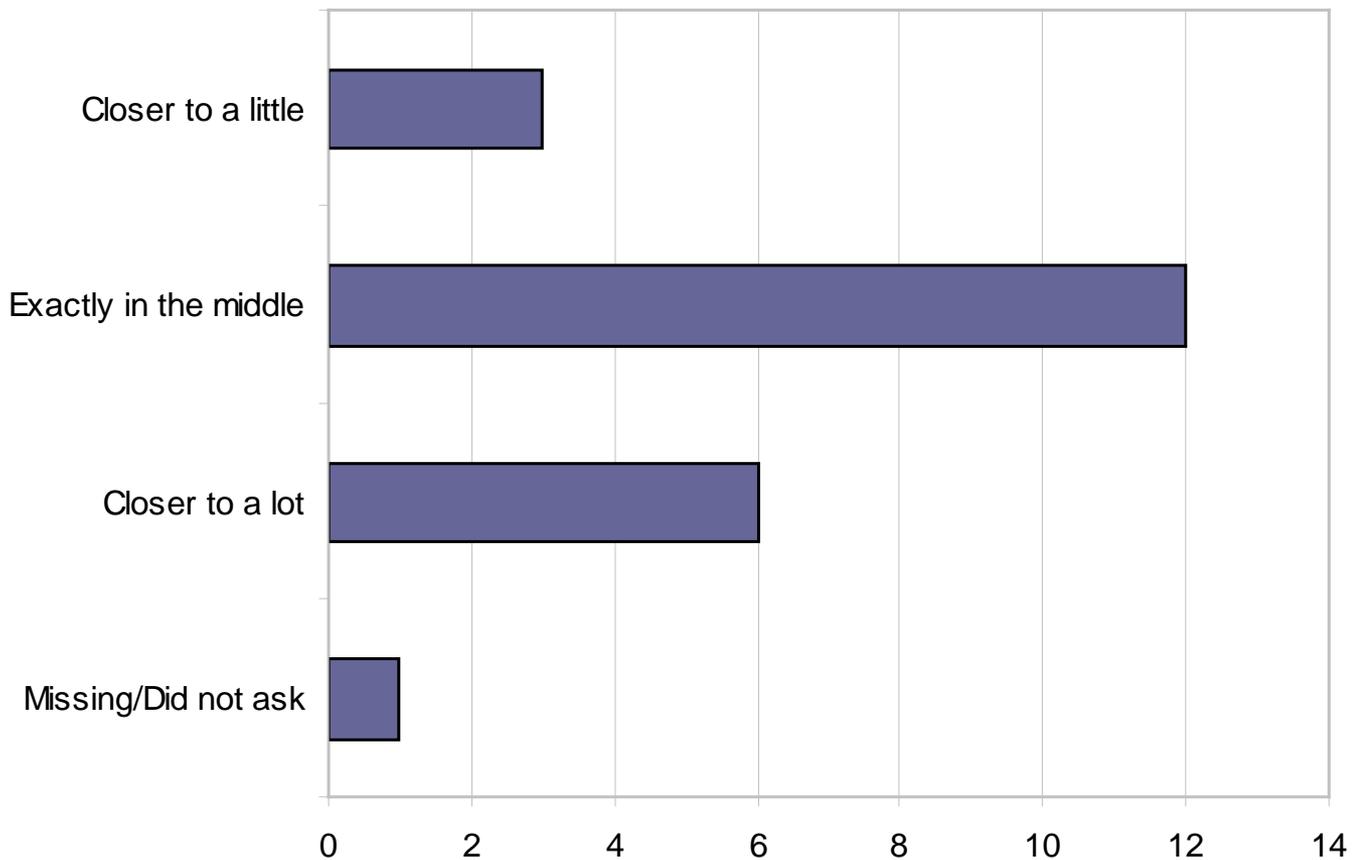
INTENSITY

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



Interview summary and data quality

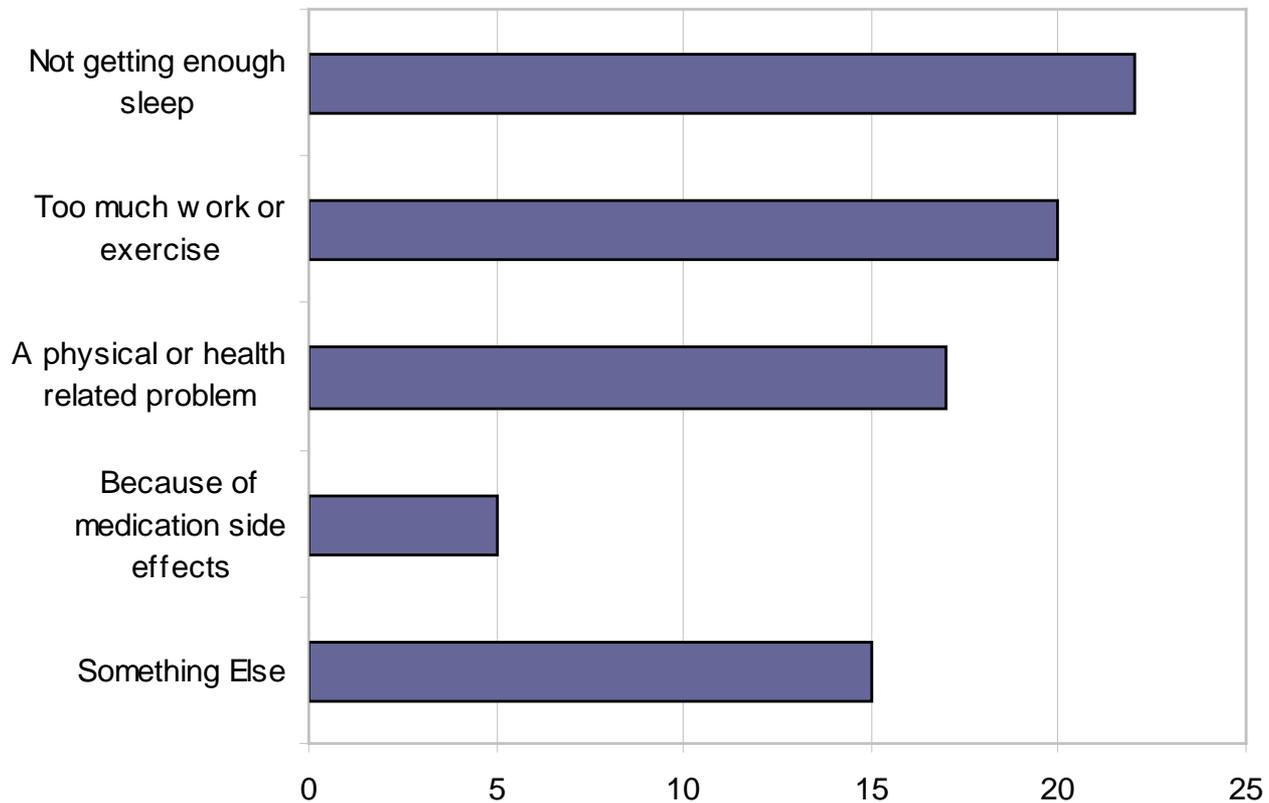
FATIGUE 3a. Would you say it was closer to a little, closer to a lot, or exactly in the middle?



Interview summary and data quality

CAUSE

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

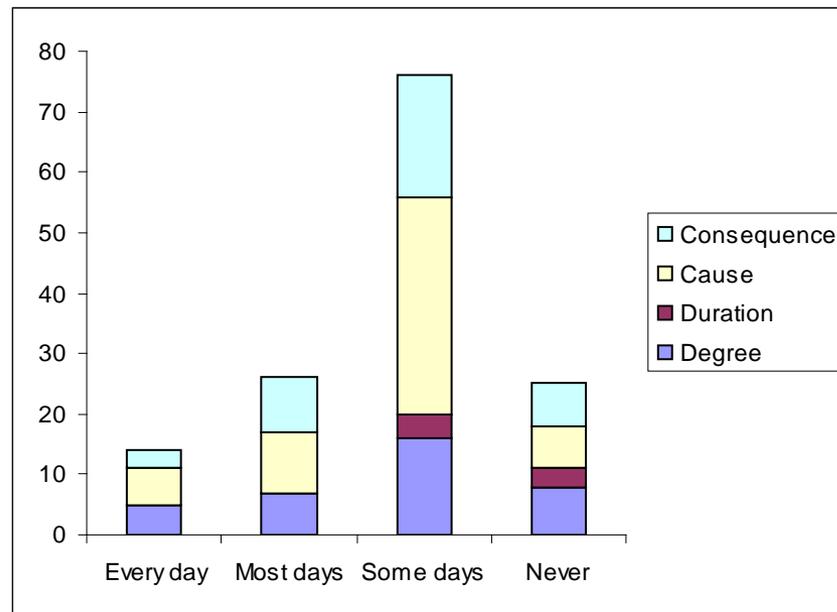


NB : possibility of multiple answers

Concept of fatigue

General Construct from narratives (F1)

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





Concept of fatigue

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

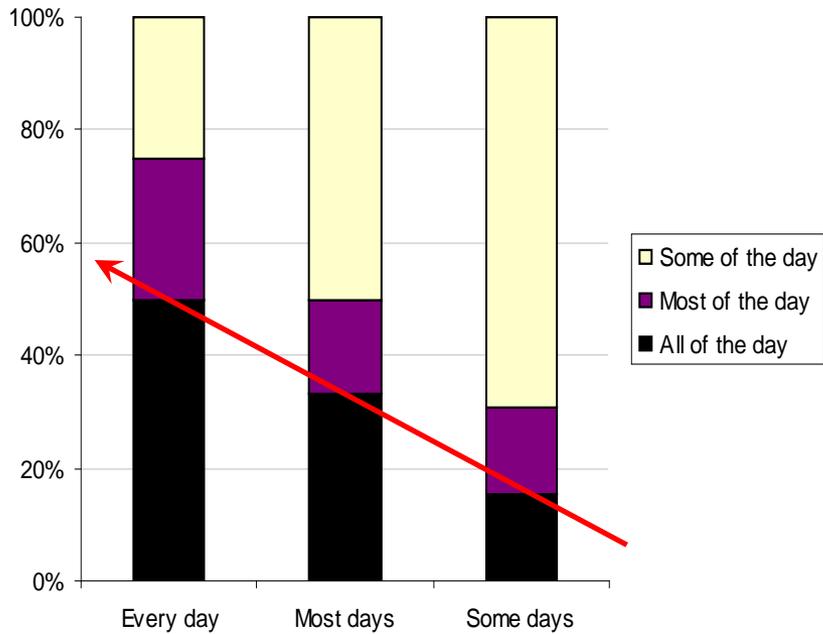
Consequences: Impact on daily activities

- 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.

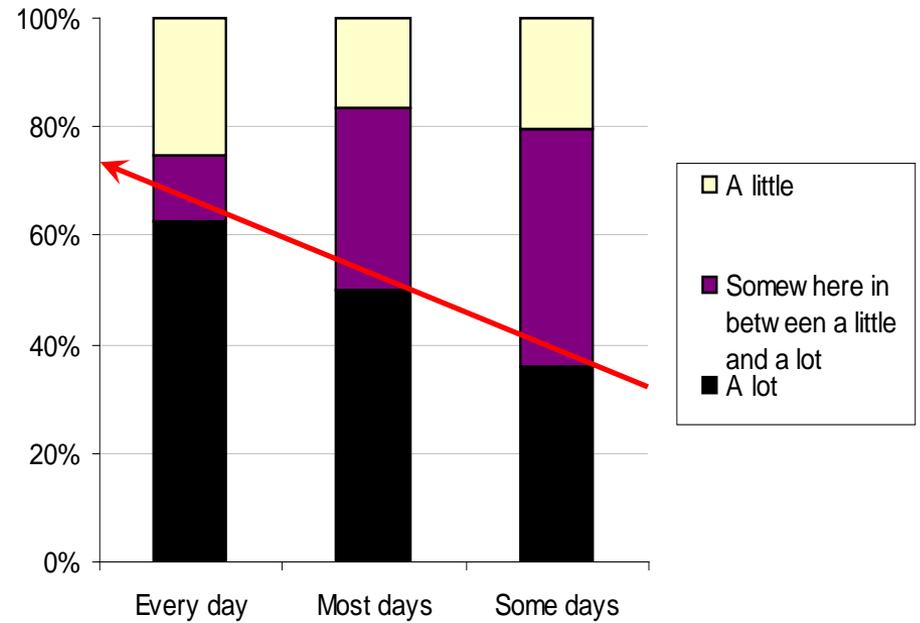
Severity of fatigue

Frequency

Frequency (F1) x Duration (F2)



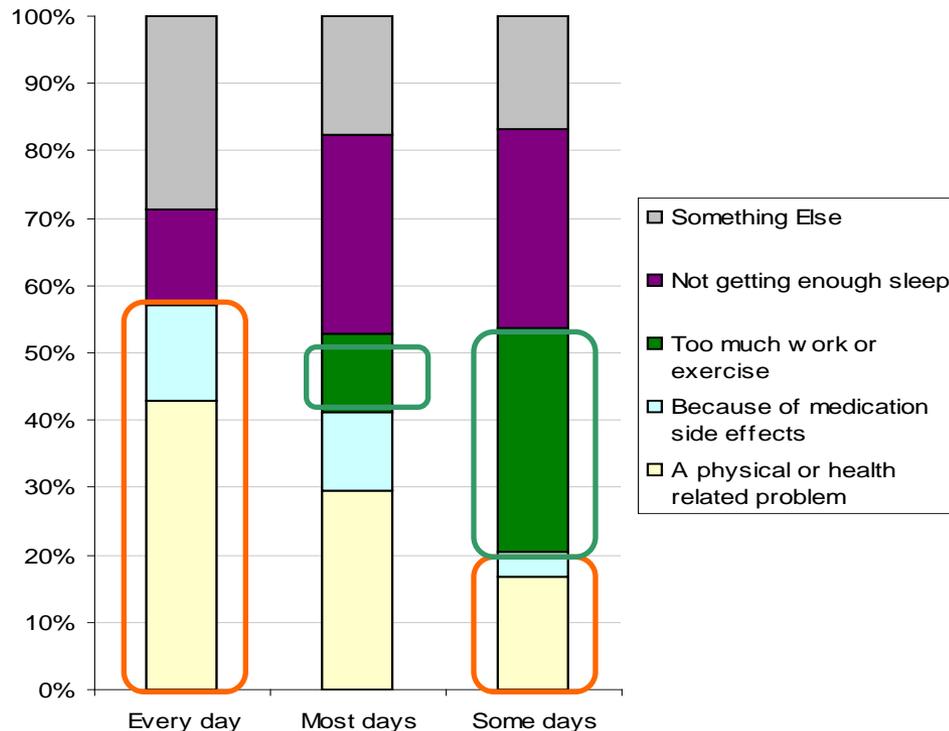
Frequency (F1) x Intensity (F3)



Severity of fatigue

Frequency

Frequency (F1) x Cause (F4)



Continuum in severity according to frequency

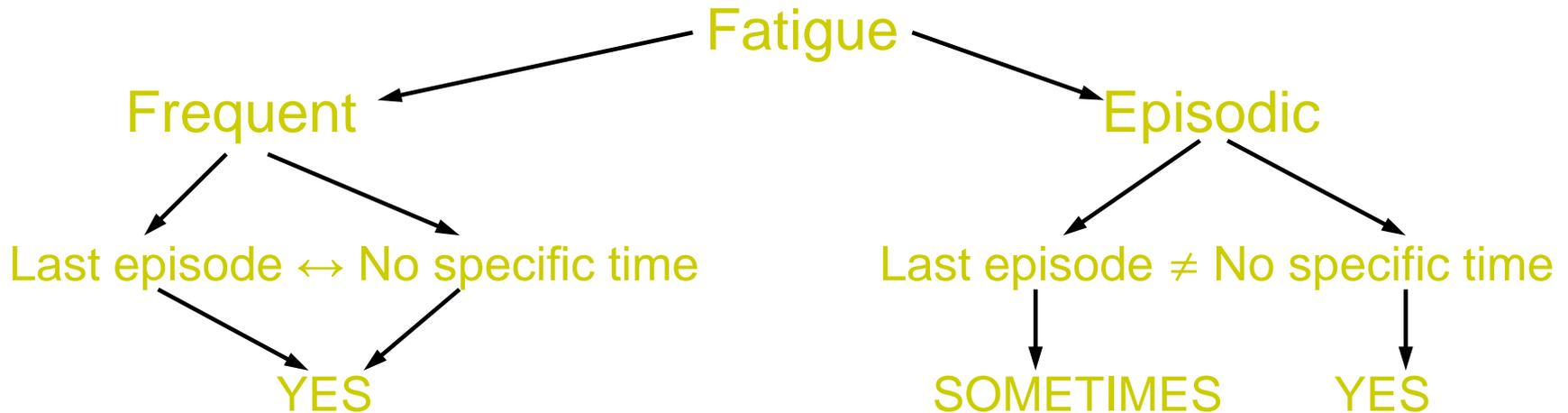
Dichotomisation:

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

Severity of fatigue

Last episode

❖ Representative ?



❖ 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



Last episode

- ❖ Drop intensity question (F1 = 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