

Chronic Fatigue Syndrome Symptom List

J Nijs, A Aerts, K De Meirleir. *Journal of Manipulative and Physiological Therapeutics* 2006;29:32-39.

Name :

Date : / /

We would like to get a clear picture of how you were feeling during the past 24 hours. Below you'll find a line with on the left the statement "no pain at all" and on the right "unbearable pain". You are asked to indicate your current pain severity by drawing one small vertical line corresponding with your current pain experience. If you are currently not experiencing much pain, then you should draw a vertical line somewhere on the right side of the horizontal line. If you are currently experiencing a lot of pain, then your vertical line should be placed more to the right side of the horizontal line. The more pain, the more the vertical line should be positioned to the right.

Pain (muscle and/or joint pain)

no pain
at all

unbearable
pain

Please do the same for all symptoms listed below.

Headache

no headache
at all

unbearable
headache

Sore throat

no sore throat
at all

unbearable
sore throat

Fatigue

no fatigue
at all

unbearable
fatigue

Fatigue after physical activity

no fatigue
after physical activity
at all

unbearable
fatigue after
physical activity

Attention deficit

no attention deficit
at all

unbearable
attention deficit

Memory disturbances

no memory
disturbances at all

unbearable
memory disturbances

Calculation difficulties

no calculation
difficulties at all

unbearable
calculation difficulties

Frequently saying the wrong word

not
at all

unbearable

Personality changes

no personality
changes at all

unbearable
personality changes

Mood swings

no mood swings
at all

unbearable
mood swings

Non-refreshing sleep

refreshing sleep

unbearable
non-refreshing sleep

Sleep disturbances

no sleep disturbances
at all

unbearable
sleep disturbances

Muscle weakness

no muscle weakness
at all

unbearable
muscle weakness

Cold hands and feet

no cold hands and feet
at all

unbearable
cold hands and feet

Recurrent flu-like symptoms

no recurrent
flu-like symptoms
at all

unbearable
recurrent flu-like
symptoms

Abdominal pain

no abdominal pain
at all

unbearable
abdominal pain

Dyspnoea on exertion

no dyspnoea
on exertion at all

unbearable
dyspnoea on exertion

Intolerance to bright light

no intolerance
to bright light at all

unbearable
intolerance to bright light