

MFSI-SF

Below is a list of statements that describe how people sometimes feel. Please read each item carefully, then circle the one number next to each item which best describes **how true each statement has been for you in the past 7 days.**

		Not at all	A little	Moderately	Quite a bit	Extremely
1.	I have trouble remembering things	0	1	2	3	4
2.	My muscles ache.....	0	1	2	3	4
3.	I feel upset.....	0	1	2	3	4
4.	My legs feel weak	0	1	2	3	4
5.	I feel cheerful	0	1	2	3	4
6.	My head feels heavy	0	1	2	3	4
7.	I feel lively	0	1	2	3	4
8.	I feel nervous	0	1	2	3	4
9.	I feel relaxed	0	1	2	3	4
10.	I feel pooped	0	1	2	3	4
11.	I am confused.....	0	1	2	3	4
12.	I am worn out.....	0	1	2	3	4
13.	I feel sad.....	0	1	2	3	4
14.	I feel fatigued	0	1	2	3	4
15.	I have trouble paying attention	0	1	2	3	4
16.	My arms feel weak.....	0	1	2	3	4
17.	I feel sluggish.....	0	1	2	3	4
18.	I feel run down.....	0	1	2	3	4
19.	I ache all over.....	0	1	2	3	4
20.	I am unable to concentrate	0	1	2	3	4
21.	I feel depressed	0	1	2	3	4
22.	I feel refreshed	0	1	2	3	4
23.	I feel tense	0	1	2	3	4
24.	I feel energetic	0	1	2	3	4
25.	I make more mistakes than usual	0	1	2	3	4
26.	My body feels heavy all over	0	1	2	3	4
27.	I am forgetful	0	1	2	3	4
28.	I feel tired.....	0	1	2	3	4
29.	I feel calm	0	1	2	3	4
30.	I am distressed	0	1	2	3	4