

Inflammatory Bowel Disease Fatigue (IBD-F) Self-Assessment Scale – Instructions for Use

Introduction

The IBD-F Self-Assessment scale was developed with people with IBD (Crohn's disease and ulcerative colitis) for use by people with IBD fatigue. The scale was developed to be used to diagnose fatigue or to monitor fatigue level over time. The IBD-F scale consists of three sections: Section I – identifies the level and duration of fatigue (5 questions); Section II – assesses the impact of fatigue on daily activities (30 questions); and Section III – can identify causes and other factors related to fatigue (5 questions). Only questions in Section I and II are scored. Questions in Section III can be used as conversation instigators during consultation with healthcare practitioners. The IBD-F scale can be used as a clinical or as a research tool.

When an electronic copy of the IBD-F scale is completed (available from www.fatigueinibd.co.uk) the scores will be calculated automatically by a programme and the total score will be provided for each section.

Scoring Systems

It is very important that all questions are answered. Total scores for Section I and Section II are calculated separately. Higher scores indicate higher level of fatigue (Section I), or greater impact of fatigue in individual's life (Section II).

Section I Scoring and Interpretation of the Scores

Questions in Section I are scored on 0-4 Likert scale, with the possible total score range from 0-20. If the score is 0, this means there is no fatigue and no action is required, and there is no need to complete Section II and Section III of the scale.

Section II Scoring and Interpretation of the Scores

Questions in Section II are scored on 0-4 Likert scale, with the possible total score range from 0-120. Six questions (question 3, 4, 9, 12, 13, 14) have an option of not applicable (N/A). N/A should not be used for any other questions.

The IBD-F Section II with no N/A answers selected can be scored by adding the scores for all 30 questions. Where N/A answers have been selected, the total score for Section II can be calculated by the formula:

$$\text{Adjusted score} = \text{Actual total score} / (120 - \text{number NAs} \times 4) \times 120$$

This score for Section II gives a global estimation of the impact of fatigue on the individual over the past 2 weeks.

Section III Scoring

Section III of the scale is not scored, nether the less it is important to try and answer all the questions as honesty and possible, thinking about individual's circumstances and changes over time.

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