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Table 3 Study questionnaire to assess mental and physical energy and fatigue,\* hunger,\* and sleepiness

Question Item Responses (choices separated by /)

Composite

question

How do you feel right now with regard to

your capacity to perform your typical

physical activities?

Question 1:

energy

I feel I have no energy/strongest feelings of energy

ever felt

Physical

energy

Question 2:

fatigue

I feel no fatigue/strongest feelings of fatigue ever felt Physical

fatigue

Question 3:

vigor

I feel I have no vigor/strongest feelings of vigor ever

felt

Physical

energy

Question 4:

exhaustion

I feel no exhaustion/strongest feelings of exhaustion

ever felt

Physical

fatigue

Question 5:

pep

I feel I have no pep/strongest feelings of pep ever felt Physical

energy

Question 6:

worn out

I have no feelings of being worn out/strongest feelings

of being worn out ever felt

Physical

fatigue

How do you feel right now with regard to

your capacity to perform your typical

mental activities?

Question 1:

energy

I feel I have no energy/strongest feelings of energy

ever felt

Mental energy

Question 2:

fatigue

I feel no fatigue/strongest feelings of fatigue ever felt Mental fatigue

Question 3:

vigor

I feel I have no vigor/strongest feelings of vigor ever

felt

Mental energy

Question 4:

exhaustion

I feel no exhaustion/strongest feelings of exhaustion

ever felt

Mental fatigue

Question 5:

pep

I feel I have no pep/strongest feelings of pep ever felt Mental energy

Question 6:

worn out

I have no feelings of being worn out/strongest feelings

of being worn out ever felt

Mental fatigue

How hungry do you feel right now? Hunger Not at all hungry/extremely hungry

How thirsty do you feel right now? Thirst Not at all thirsty/extremely thirsty

How full does your stomach feel right

now?

Fullness Not at all full/extremely full

How strong is your desire to eat right

now?

Desire to eat Not at all strong/extremely strong

How much do you think you could eat

right now?

Eat how much Nothing at all/a large amount

How nauseated do you feel right now? Nausea Not at all nauseated/extremely nauseated

Please select the statement that best

describes your current state of

sleepiness

Sleepiness Feeling active and vital; wide awake/functioning at a

high level, but not at peak; able to concentrate/

relaxed; awake; not at full alertness; responsive/a

little foggy; not at peak; let down/fogginess;

beginning to lose interest in remaining awake;

slowed down/sleepiness; prefer to be lying down;

fighting sleep; woozy/almost in reverie; sleep onset

soon; lost struggle to remain awake