

Chronic tiredness

Yes

- A. Do you get tired easily?
- Tired all the time?
- Easily tired out while performing every day tasks?
- Difficult to recover from the tiredness, despite rest?

If YES to any of the above, continue below

1. Do you have any medical problems or physical pains?
2. Are you taking any medication?
3. Low mood or loss of interest or pleasure?
4. Worried, anxious or tense?
5. How much alcohol do you drink in a typical week (number of standard drinks/week)?
6. Are you doing too much at home and/or work?
7. Do you fail to set time aside for leisure activities?
8. Have you been having problems with sleep?

Chronic Fatigue Syndrome is a much rarer condition, diagnosed when substantial physical and mental fatigue lasts longer than six months and there are no significant findings on physical examination or laboratory investigation.

Summing up

- Positive to A: indication of **fatigue problem**
- Positive to any of 1 and 2:
consider management of the underlying problem
- Positive to 3: consider **depression**
- Positive to 4: consider **anxiety**
- If weekly drinking is more than 21 standard drinks for men and more than 14 for women: consider **alcohol use problems**
- Positive to 6 or 7: consider **lifestyle change**
- Positive to 8: consider **sleep problem**