

Appendix 1 Fatigue rating scales tested in the current study

PFS-16 items		FACIT-F items	
No.	Content (abridged)	No.	Content (abridged)
1	Have to rest during the day	1	Feel fatigued
2	Life restricted by fatigue	2	Weak all over
3	Tired more quickly than other people	3	Listless (“washed out”)
4	One of my three worst symptoms	4	Feel tired
5	Feel completely exhausted	5	Trouble starting things because tired
6	Reluctant to socialise	6	Trouble finishing things because tired
7	Takes longer to get things done	7	Have energy
8	Feeling of heaviness	8	Able to do usual activities
9	Could do more if not tired	9	Need to sleep during the day
10	Everything is an effort	10	Too tired to eat
11	Tired much of the time	11	Need help doing usual activities
12	Totally drained	12	Too tired to do things I want to do
13	Difficult to cope with everyday activities	13	Have to limit social activity
14	Tired even when I haven’t done anything		
15	Do less in my day than I would like		
16	So tired I want to lie down wherever I am		

PFS-16, 16-item Parkinson Fatigue Scale; FACIT-F, Functional Assessment of Chronic Illness Therapy – Fatigue scale.