(S30) DEVELOPMENT OF A COMPREHENSIVE FATIGUE ASSESSMENT BATTERY FOR MULTIPLE SCLEROSIS
L. Dawes, K. McCloy, S.J. Forwell

Occupational Science and Occupational Therapy, University of British Columbia, Vancouver, British Columbia, Canada

Background: Fatigue is a prevalent and debilitating symptom for people living with multiple sclerosis (MS). Assessment and treatment of fatigue in MS is complicated by the breadth of factors that contribute to fatigue. To date, only screening measures are used to evaluate the presence of fatigue in MS. There is no tool to comprehensively assess fatigue that addresses the factors that contribute to the fatigue experience, advances clinical reasoning, and guides treatment strategies. Objectives: The purpose of this mixed-methods study is to develop a comprehensive fatigue assessment battery (CFAB) specific to MS (CFAB-MS). Methods: The development of the CFAB-MS comprised three microstudies. 1) A literature review was conducted to identify factors contributing to fatigue in MS. Scales and outcome measures were then compiled for each of the identified correlates contributing to the fatigue experience. Where there was no measure for the identified factors, these were developed. A decisional process schema was developed to evaluate the applicability to MS, psychometric properties, and clinical utility of each assessment for inclusion. 2) An item analysis of the CFAB-MS was completed using the Person-Environment-Occupation model and Canadian Model of Occupational Performance. Redundancies and gaps in the assessment battery were identified and the CFAB-MS modified. 3) Face validity and clinical utility for clinical practice were then established through semistructured interviews with clinicians. Individuals with MS completed the CFAB and provided feedback to establish content validity of the battery. Results: A self-report tool, the CFAB-MS, was systematically developed, content validity established, and good clinical utility demonstrated to capture the unique experience of fatigue among individuals with MS. Conclusions: The CFAB-MS supports practitioners’ clinical reasoning and planning for appropriate treatment strategies to intervene in factors that contribute to the debilitating fatigue experience in MS.


Keywords: management of activities of daily living in MS, rehabilitation strategies and therapy and MS, symptomatic treatment of MS