

Multidimensional Fatigue Inventory (MFI-20)

The MFI-20 is a self-report questionnaire designed to explore fatigue in adults in a multidimensional way. It measures five complementary components: general fatigue, physical fatigue, mental fatigue, reduced activity, and reduced motivation. Its brief format allows rapid identification of the fatigue profile, which is useful in clinical psychology, psycho-oncology, behavioral medicine, and the follow-up of chronic illnesses. It is particularly relevant when the goal is not only to estimate the overall intensity of fatigue but also to identify its dominant forms and their functional impact. The tool is widely used in research and practice for screening, initial assessment, and monitoring change.

Number of questions	20 questions
Estimated duration	5 minutes
Language	English
Original name	Multidimensional Fatigue Inventory
Target audience	Adults
Authors	Ellen M. A. Smets, Bert Garssen, Benno Bonke, Hanneke C. J. M. de Haes (1995)
Category	General

Preview of the 20 questions

Lately:

I feel fit.

Yes, that is true | 2 | 3 | 4 | No, that is not true

Lately:

Physically, I feel only able to do a little.

Yes, that is true | 2 | 3 | 4 | No, that is not true

Lately:

I feel very active.

Yes, that is true	2	3	4	No, that is not true

Lately:

I feel like doing all sorts of nice things.

Yes, that is true	2	3	4	No, that is not true

Lately:

I feel tired.

Yes, that is true	2	3	4	No, that is not true

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a scale from 1 to 5. Ten positively worded items must be reverse-scored before calculation, namely items 2, 5, 9, 10, 13, 14, 16, 17, 18, and 19. Scores are calculated by summing five 4-item subscales: general fatigue, physical fatigue, reduced activity, reduced motivation, and mental fatigue. Each subscale ranges from 4 to 20. A high score indicates more fatigue in the dimension concerned. A total score from 20 to 100 can also be obtained by summing the subscales, but clinical interpretation is generally more useful when based on the profile of the five dimensions than on the total score alone.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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“Automatic scoring saves me a huge amount of time, and my patients are far more willing to fill out the questionnaires.”

Samia T. - Online Psychologist