Supplementary material to article by F. S. Koopman et al. "Cognitive behavioral therapy for reducing fatigue in post-polio syndrome compared with facioscapulohumeral dystrophy: The role of fatigue-related cognition"

Appendix SI. Instrumentation for the assessment of fatigue-related cognitions

Cognitions related to fatigue Instrumentation		Response format
Sense of control over fatigue	Self-Efficacy Scale	4-point scale Likert scale
	(SES) (29)	Range 7–28
	(7 items)	Higher scores representing a higher sense of control over fatigue
Catastrophizing	Jacobsen-fatigue catastrophizing scale	5-point Likert scale
	(J-FCS) (30)	Range 1–5
	(10 items)	Higher scores indicating more fatigue-related catastrophizing
	Pain Catastrophizing Scale (PCS) (32)	5-point Likert scale
	(4 items)	Range 0-16
		Higher scores representing more pain-related catastrophic thoughts and feelings
	Impact of Event Scale (IES) (33)	4-point scale Likert scale
	(15 items)	Range 0-75
		Higher scores representing a higher impact on being diagnosed with the disease
Acceptance of the disease	Illness Cognitions Questionnaire; subscale acceptance of the disease (ICQ acceptance) (34) (6 items)	4-point scale Likert scale
		Range 6-24
		Higher scores representing a higher degree of acceptance of the disease
Focusing on fatigue symptoms	Illness Management Questionnaire;	6-point scale Likert scale
	subscale focusing on fatigue symptoms	Range 1–6
	(IMQ focusing on fatigue symptoms) (35)	Higher scores representing more focusing on fatigue symptoms
Perceived social support	(9 items)	4 paint coola likert coola
	Social Support Inventory (SSI discrepancies) (36) (8 items)	4-point scale Likert scale Range 8–24
		5
		Higher scores representing more discrepancies between the received amount of social support and the desired amount of social support

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