

DePaul Symptom Questionnaire Post-Exertional Malaise 2 (DSQ-PEM-2)

1. Over the past 6 months, have you experienced post-exertional malaise, which is defined as an abnormal response to minimal amounts of physical and/or cognitive exertion, with symptom severity and duration out of proportion to the initial trigger?
☐ Yes
☐ No
2. What were some of your triggers for post-exertional malaise? (select all that apply below)
☐ Minimal amounts of physical and/or cognitive exertion
☐ Basic activities of daily living like going to the toilet, bathing, dressing, communicating, and/or reading
☐ Positional changes (e.g., your body *position* is shifted from the lying down to standing)
☐ Emotional stress (good or bad)
☐ Chemicals
☐ Foods
☐ Light
☐ Heat
☐ Cold
☐ Noise
☐ Visual overload
☐ Watching movement (such as a video)
☐ Sensory overload
☐ Mold
3. How long does your post-exertional malaise symptoms typically last? (select one choice below)
☐ I do not experience post-exertional malaise
☐ < 1 hour
☐ 1–12 hours
☐ 13–24 hours
☐ 25–48 hours
☐ 2 days–1 week
☐ 1 week–1 month
☐ Greater than 1 month
4. Are your typical post-exertional malaise symptoms delayed in onset? (select one choice below)
☐ I do not experience post-exertional malaise
☐ No delay in symptom onset
☐ 1 hour or less delay
☐ 2–23-hour delay
☐ 1–2 days delay
☐ 3 days or longer delay
5. Some individuals are able to reduce or avoid post-exertional malaise by pacing, identifying warning signs, or decreasing, breaking up, and rescheduling activities based on available energy levels. How effective are strategies like these in avoiding or reducing post-exertional malaise? (select one choice below)
☐ Because of these types of strategies, I no longer experience post-exertional malaise
☐ These types of strategies are moderately effective
☐ These types of strategies are mildly effective
☐ These types of strategies are barely effective
☐ These types of strategies are not effective
☐ I do not need to use these strategies as I do not have post-exertional malaise

6. Over the past 6 months, indicate the frequency and severity of the following symptoms you might have experienced due to post-exertional malaise.

Symptoms	<i>Frequency:</i> <u>How often</u> do you have this symptom? For each symptom listed below, circle a number from: 0 = none of the time 1 = a little of the time 2 = about half the time 3 = most of the time 4 = all of the time	<i>Severity:</i> When a symptom is present, <u>how severe</u> is it? For each symptom listed below, circle a number from: 0 = symptom not present 1 = mild 2 = moderate 3 = severe 4 = very severe
Reduced stamina and/or functional capacity	0 1 2 3 4	0 1 2 3 4
Physically fatigued while mentally wired	0 1 2 3 4	0 1 2 3 4
Cognitive exhaustion	0 1 2 3 4	0 1 2 3 4
Problems thinking	0 1 2 3 4	0 1 2 3 4
Unrefreshing sleep	0 1 2 3 4	0 1 2 3 4
Insomnia	0 1 2 3 4	0 1 2 3 4
Muscle pain	0 1 2 3 4	0 1 2 3 4
Muscle weakness/instability	0 1 2 3 4	0 1 2 3 4
Aches all over your body	0 1 2 3 4	0 1 2 3 4
Dizziness	0 1 2 3 4	0 1 2 3 4
Flu-like symptoms	0 1 2 3 4	0 1 2 3 4
Temperature dysregulation	0 1 2 3 4	0 1 2 3 4
Physical fatigue	0 1 2 3 4	0 1 2 3 4
Next day soreness or fatigue after non-strenuous, everyday activities	0 1 2 3 4	0 1 2 3 4
Mentally tired after the slightest effort	0 1 2 3 4	0 1 2 3 4
Physically drained or sick after mild activity	0 1 2 3 4	0 1 2 3 4
Dead, heavy feeling after starting to exercise*	0 1 2 3 4	0 1 2 3 4
Minimum exercise* makes you physically tired	0 1 2 3 4	0 1 2 3 4

* You can interpret the word exercise as any daily activity you do such as even walking around in your house.