

PREDICTORS OF MULTIDIMENSIONAL FATIGUE IN GENERAL POPULATION IN GREECE

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Introduction: Fatigue is of great clinical and investigational importance. It is a prevalent symptom in the general population and it is a central symptom in many diseases, while fatigue is considered a normal occurrence in daily life, it is also a symptom associated with a variety of physiological and psychological conditions.

Objectives: To compare levels of the various aspects of fatigue with sociodemographic characteristics in order to build a model explaining fatigue in general population.

Aims: To see if negative emotions are significant predictors of fatigue.

Methods: We conducted a survey in a random sample of 712 healthy adults (534 women and 169 men), using the Multidimensional Fatigue Inventory (MFI-20). Statistical analysis was conducted with SPSS 16 for windows. Multivariate linear regression analyses were performed to look for independent associations between the five domains of the MFI and the variables of interest.

Results: In general fatigue, stress ($b=.217$ $p<.05$) and satisfaction with life ($b=-.143$ $p<.05$) along with sex, education and PCS12 explained 47% of the variance. In reduced motivation stress ($b=.246$ $p<.05$) and depression ($b=.266$ $p<.05$) explained 34% of the variance. In mental fatigue, reduced activity and physical fatigue, only sociodemographic characteristics and health related quality of life had significant effect in the models.

Conclusions: A small part of fatigue in general population is explained from negative emotions, but a larger amount of the variance is explained by sex, education and age. Also limitations in day activities pay a significant role in the model of fatigue.