
POST STROKE FATIGUE: ANALYSIS OF SUBTYPES AND ASSOCIATED FACTORS

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Background and Aims

Post stroke fatigue (PSF) is a disabling complaint endorses stroke recovery. PSF is highly varied among stroke survivors. Most of previous studies considered PSF as one entity, pooling its physical and cognitive subtypes. The current study aimed to investigate the prevalence and associated factors of PSF with consideration of fatigue subtypes among stroke survivors

Methods

A cross-sectional study was conducted. Demographics, medical history, stroke characteristics, depression and anxiety, sleep quality, and stroke recovery were evaluated. The Modified Fatigue Impact Scale (MFIS) has been adopted to assess PSF and its subtypes (physical and cognitive). Descriptive statistics, MFIS subscales comparisons, and regression analyses were performed.

Results

A total of 92 participants were included, with a PSF prevalence rate of 71.7%. The MFIS physical subscale demonstrated a significantly higher prevalence and severity than cognitive subscale. Diabetes mellitus, hypercholesterolemia, and left stroke were associated with the MFIS cognitive subscale, while recurrent stroke was related to the MFIS physical subscales. Stroke recovery, depression and anxiety, and sleep quality were related with the MFIS total score as well as its two subscales. Depression and left stroke were significant predictors for MFIS total score and cognitive subscale. Sleep quality and being male were also significant predictors for MFIS cognitive fatigue

Conclusion

PSF is highly prevalent. PSF subtypes were markedly varied in prevalence, severity and associated factors. Future research and clinical protocols should consider different PSF subtypes rather than conceptualizing PSF as one entity.

Keywords: Fatigue, disorder, Cognitive, Exhaustion