APPENDIX 1: INTERVIEW SCHEME

Fatigue severity and the experience of fatigue

1. How would you describe the experience of fatigue, how does it feel?
2. To what extent do you suffer from fatigue?
3. How much energy do you have on a normal day?
4. When did the first symptoms of fatigue started to occur?
5. Has the experience of fatigue always been the same?
   a. Did it change in the course of time?
   b. When does fatigue affects you most or least? (weekdays/weekend, morning/afternoon/evening)
6. What are your expectations of your fatigue in the future?

Causes of fatigue

1. What do you think causes the fatigue?
2. How does your visual impairment affect your fatigue?
   a. Eye fatigue / concentration
   b. Light perception
   c. How does your visual impairment influences your daily activities?
3. I would like to ask you some questions related to the quality of your sleep.
   a. On average, how many hours of sleep do you get per night?
   b. Do you believe this is sufficient?
   c. How would you rate the quality of your sleep?
      i. How much trouble do you have falling asleep at night?
      ii. How many times do you wake up at night?
      iii. Do you have problems with waking up in the morning?
   d. Do you nap during the day, if so, how frequently?
   e. How would you describe your daily rhythm?

Consequences of fatigue

1. What are the consequences of fatigue?
   a. Does fatigue have an impact on the ability of learning and applying knowledge?
   b. Does fatigue affect general tasks and demands?
   c. Does fatigue affect communication?
   d. Does fatigue have an impact on mobility, indoor and outdoor activities or travelling with public transport?
   e. Does fatigue have an influence on self-care, such as personal hygiene, healthcare, medication or eating and drinking?
   f. Does fatigue have an impact on domestic life?
   g. Does fatigue affects interpersonal relationships?
   h. Does fatigue have an impact on community, social and civic life?
   i. Does fatigue have an emotional impact on your life?
   j. Does fatigue have an impact on your personality?

Coping with fatigue
1. How do you cope with your fatigue?
2. Are you able to control your fatigue?
3. Does your fatigue increase when performing certain kind of activities?
4. What kind of activities have a positive effect on your fatigue?
5. What kind of activities mostly give you energy?
6. How did you learn to cope with fatigue?
   a. Process of acceptance?
   b. Professional support?
   c. Social support?
7. Are you satisfied about the way you cope with your fatigue?
8. How does your social network react to your fatigue?