

# Cabin Fever Scale (CFS)

Chin Wen Cong (2020)

Instruction: Please read each statement and choose a number (0, 1, 2 or 3) to indicate how much the statement applied to you in these few days. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

0: *Did not apply to me at all*

1: *Applied to me to some degree, or some of the time*

2: *Applied to me to a considerable degree or a good part of time*

3: *Applied to me very much or most of the time*

1. I felt anxious	0	1	2	3
2. I experienced a lack of energy and enthusiasm	0	1	2	3
3. I felt sad or depressed	0	1	2	3
4. I found myself lacking patience	0	1	2	3
5. I felt hopeless	0	1	2	3
6. I felt dissatisfied	0	1	2	3
7. I found myself craving for food	0	1	2	3
8. I had decreased motivation	0	1	2	3
9. I had difficulty waking up	0	1	2	3
10. I took naps frequently	0	1	2	3

## **Cabin Fever Scale (CFS)**

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### **Description of Measure**

#### *Purpose*

The purpose of this measure is to assess the symptoms of cabin fever. Cabin Fever is defined as a relatively common reaction to being confined in a building for a period of time.

#### *Conceptual Organization*

The scale assesses a range of symptoms that arises in response to being confined in a building for a period of time. The development of the Cabin Fever Scale (CFS) was based on the assumption that there are significant differences in the symptoms of cabin fever between individuals who considered themselves as having cabin fever and those who did not. This assumption was well supported by the data collected during a movement restriction period where all the participants were staying at home for a period of time in Malaysia.

#### *Psychometric Support*

Validity: Exploratory factor analysis suggested two dimensions: emotional symptom and behavioural symptom in assessing cabin fever.

Reliability: Cronbach alpha of .908 (emotional symptom) and .768 (behavioural symptom).

#### *Score Interpretation*

Emotional symptom: Item 1, 2, 3, 4, 5, and 6.

Behavioural symptom: Item 7, 8, 9, and 10.