

PEM DIAGNOSIS SCREEN

DePaul Symptom Questionnaire – Post-Exertional Malaise Short Form (DSQ-PEM)

Please circle or select one number for Frequency and one number for Severity for each symptom.
Timeframe: the past 6 months.

Symptom	Frequency (0–4)	Severity (0–4)
1. Dead, heavy feeling after starting to exercise	0 1 2 3 4	0 1 2 3 4
2. Next-day soreness or fatigue after non-strenuous, everyday activities	0 1 2 3 4	0 1 2 3 4
3. Mentally tired after the slightest effort	0 1 2 3 4	0 1 2 3 4
4. Minimum exercise makes you physically tired	0 1 2 3 4	0 1 2 3 4
5. Physically drained or sick after mild activity	0 1 2 3 4	0 1 2 3 4

Additional PEM Questions

Question	Response Options
6. If exhausted after activities, would you recover within 1–2 hours?	Yes / No
7. Worsening after minimal physical effort?	Yes / No
8. Worsening after minimal mental effort?	Yes / No
9. Duration of worsening after activity:	≤1h 2-3h 4-10h 11-13h 14-23h ≥24h
10. If you do not exercise, is it because it worsens symptoms?	Yes / No

Scoring (Clinician Use)

- Items 1–5: Frequency ≥ 2 AND Severity ≥ 2 indicates PEM.
- Items 7 or 8: A 'Yes' response supports an ME/CFS diagnosis.
- Item 9: Duration ≥ 14 hours supports an ME/CFS diagnosis.
- Items 6 and 10: Describe PEM but do not determine diagnosis.