

## Vigour Assessment Scale (VAS)

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	Description	None of the time	Some-times	Often	Most of the time	Category (hidden from participants)
1	I have been active and on the move during the past 7 days	1	2	3	4	I
2	I have initiated new plans during the past 7 days	1	2	3	4	I
3	During the past 7 days, I felt energised to do my work or tasks	1	2	3	4	I
4	I have been excited during the past 7 days about doing things	1	2	3	4	I
5	I have been really into my tasks or work during the past 7 days	1	2	3	4	I
6	During the past 7 days, I have been uninterested to speak to others	1	2	3	4	II
7	I made choices and went for them during the past 7 days	1	2	3	4	I
8	During the past 7 days, I have been uninterested in the company of other people	1	2	3	4	II
9	During the past 7 days, I have been going for the things I want	1	2	3	4	I
10	I have been slow in doing everyday activities during the past 7 days	1	2	3	4	II
11	I have taken action during the past 7 days to reach my goals	1	2	3	4	I
12	I was active in doing my tasks and work during the past 7 days	1	2	3	4	I
13	During the past 7 days, I have been pursuing my daily goals	1	2	3	4	I
14	I have felt weak when doing ordinary things during the past 7 days	1	2	3	4	II
15	The tasks I have been doing during the past 7 days, have purpose and meaning	1	2	3	4	I
16	I have been eager to do tasks during the past 7 days	1	2	3	4	I
17	I have had difficulty in coming to decisions on what to do during the past 7 days	1	2	3	4	II
18	I have been highly driven during the past 7 days	1	2	3	4	I
19	During the past 7 days, I have delayed before starting on work or tasks I had to do	1	2	3	4	II
20	I have been doing creative things during the past 7 days	1	2	3	4	I
21	During the past 7 days, I have been postponing decisions that had to be made	1	2	3	4	II
22	I have felt inspired to do my tasks or work during the past 7 days	1	2	3	4	I
23	During the past 7 days, I have been back and forth in my mind on what to do	1	2	3	4	II
24	I have pushed through and persevered with my tasks or work during the past 7 days, even when it got tough	1	2	3	4	I
25	During the past 7 days, I have attempted to improve things in my life	1	2	3	4	I
26	During the past 7 days, I have returned communications like phone calls, messages and e-mails without delay	1	2	3	4	I
27	I have taken an interest in new things during the past 7 days	1	2	3	4	I

**Total score calculation:** Sum of all Category I items minus the sum of all Category II items  
(Hidden from participants)