

# Fatigue with rheumatoid arthritis tied to disease activity, education level

June 26 2024, by Lori Solomon

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The Bristol Rheumatoid Arthritis Fatigue Multi-Dimensional Questionnaire (BRAf-MDQ) and Brief Fatigue Inventory (BFI-C) scores show consistency in assessing fatigue with rheumatoid arthritis

(RA), according to a study published online June 14 in *Immunity, Inflammation and Disease*.

Jun Zhou, from the Affiliated Suqian First People's Hospital of Nanjing Medical University in China, and colleagues assessed [fatigue](#) with RA by two scales and validated their consistency. The analysis included 160 patients with RA and 60 healthy controls.

The researchers found that the BRAF-MDQ and BFI-C scores were significantly elevated in RA patients versus healthy controls. There was a positive and significant correlation between BRAF-MDQ global fatigue score and BFI-C global fatigue score in both RA patients ( $r = 0.669$ ) and healthy controls ( $r = 0.527$ ). There was a high consistency between BRAF-MDQ and BFI-C global fatigue scores in RA patients ( $W = 0.759$ ) and healthy controls ( $W = 0.933$ ) using the Kendall's tau-b test. Higher education level ( $B = -4.547$ ) and swollen joint count ( $B = 1.965$ ) independently were associated with BRAF-MDQ global fatigue score. Higher education level ( $B = -0.613$ ) and clinical disease activity index ( $B = 0.053$ ) independently linked with BFI-C global fatigue score.

"Exploring the risk factors of fatigue for early management is of great significance for the treatment of RA patients," the authors write.

**More information:** Jun Zhou et al, Fatigue in rheumatoid arthritis patients: The status, independent risk factors, and consistency of multiple scales, *Immunity, Inflammation and Disease* (2024). [DOI: 10.1002/iid3.1313](#)

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