Fibromyalgia Diagnostic Criteria

1) WPI: note the number areas in which the patient has had pain over the last week. In how many areas has the patient had pain? Score will be between 0 and 19.

Put a Check to indicate a painful region.

<table>
<thead>
<tr>
<th>Shoulder, Lt.</th>
<th>Upper Leg, Lt.</th>
<th>Lower Back</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoulder, Rt.</td>
<td>Upper Leg, Rt.</td>
<td>Upper Back</td>
</tr>
<tr>
<td>Hip, Lt.</td>
<td>Lower Leg, Lt.</td>
<td>Neck</td>
</tr>
<tr>
<td>Hip, Rt.</td>
<td>Lower Leg, Rt.</td>
<td></td>
</tr>
<tr>
<td>Upper Arm, Lt.</td>
<td>Lower Leg, Lt.</td>
<td></td>
</tr>
<tr>
<td>Upper Arm, Rt.</td>
<td>Jaw, Lt.</td>
<td></td>
</tr>
<tr>
<td>Lower Arm, Lt.</td>
<td>Jaw, Rt.</td>
<td></td>
</tr>
<tr>
<td>Lower Arm, Rt.</td>
<td>Chest</td>
<td>No pain in any of these areas</td>
</tr>
<tr>
<td></td>
<td>Abdomen</td>
<td></td>
</tr>
</tbody>
</table>

WPI score __________

2) SS scale score:

___ Fatigue
___ Waking unrefreshed
___ Cognitive symptoms

For the each of the 3 symptoms above, indicate the level of severity over the past week using the following scale:

0 = no problem
1 = slight or mild problems, generally mild or intermittent
2 = moderate, considerable problems, often present and/or at a moderate level
3 = severe: pervasive, continuous, life-disturbing problems

___ Considering somatic symptoms in general, indicate whether the patient has:*

0 = no symptoms
1 = few symptoms
2 = a moderate number of symptoms
3 = a great deal of symptoms

The SS scale score is the sum of the severity of the 3 symptoms (fatigue, waking unrefreshed, cognitive symptoms) plus the extent (severity) of somatic symptoms in general. The final score is between 0 and 12.

___ SS Scale Score

Criteria

A patient satisfies diagnostic criteria for fibromyalgia if the following 3 conditions are met:

1) Widespread pain index (WPI) ≥ 7 and symptom severity (SS) scale score ≥ 5 or WPI 3–6 and SS scale score ≥ 9.
2) Symptoms have been present at a similar level for at least 3 months.
3) The patient does not have a disorder that would otherwise explain the pain.

* Somatic symptoms that might be considered: muscle pain, irritable bowel syndrome, fatigue/tiredness, thinking or remembering problem, muscle weakness, headache, pain/cramps in the abdomen, numbness/tingling, dizziness, insomnia, depression, constipation, pain in the upper abdomen, nausea, nervousness, chest pain, blurred vision, fever, diarrhea, dry mouth, itching, wheezing, Raynaud's phenomenon, hives/welts, ringing in ears, vomiting, heartburn, oral ulcers, loss of/change in taste, seizures, dry eyes, shortness of breath, loss of appetite, rash, sun sensitivity, hearing difficulties, easy bruising, hair loss, frequent urination, painful urination, and bladder spasms.