

# 2016 Fibromyalgia Diagnostic Criteria

- Widespread pain index (WPI) and symptom severity score (SSS)
  - WPI  $\geq 7$  and SSS  $\geq 5$  OR WPI 4-6 and SSS  $\geq 9$
- Generalized pain: pain in 4/5 regions
- Symptoms present  $\geq 3$  months

The fibromyalgia diagnosis can now be made irrespective of other diagnoses (you do not need to rule out all other conditions that could explain the symptoms, if criteria 1-3 are all met).

## 1. Widespread pain index (WPI)

In the past week, where have you had pain? (check all that apply)

### Left upper region (1)

- L jaw*
- L shoulder girdle
- L upper arm
- L lower arm

### Right upper region (2)

- R jaw*
- R shoulder girdle
- R upper arm
- R lower arm

### Axial region (5)

- Neck
- Upper back
- Lower back
- Chest*
- Abdomen*

### Left lower region (3)

- L hip (buttock/trochanter)
- L upper leg
- L lower leg

### Right lower region (4)

- R hip (buttock/trochanter)
- R upper leg
- R lower leg

Total: \_\_\_\_\_ WPI score (add up boxes checked, 0-19)

\_\_\_\_\_ Number of regions checked (excluding items in italics); use this for criterion #2.

## Symptoms Severity Score (SSS)

For each of the following, for the past week, rate

	0=No problem	1=slight or mild problem, often mild or intermittent	2=moderate, considerable problem, often present	3=severe, pervasive, continuous, life-disturbing
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Waking unrefreshed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cognitive symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

In the past week, have you been bothered by any of the following?

	0=No problem	1=Problem
Headaches	<input type="checkbox"/>	<input type="checkbox"/>
Pain or cramps in lower abdomen	<input type="checkbox"/>	<input type="checkbox"/>
Depression	<input type="checkbox"/>	<input type="checkbox"/>

Total SSS: \_\_\_\_\_ (0-12)

Summary:

- 1. Criterion 1 is met if you have EITHER**
  - WPI  $\geq 7$  and SSS  $\geq 5$  OR
  - WPI 4-6 and SSS  $\geq 9$
- 2. Generalized pain: met if you checked pain in 4/5 regions (not including items in italics)**
- 3. Symptoms present  $\geq 3$  months**

Fibromyalgia is diagnosed if you meet all 3 criteria 1-3, independent of whether other diagnoses contribute to these symptoms. This is new: FMS diagnosis used to require that there be no other diagnosis to explain the findings.