2010 Fibromyalgia Diagnostic Criteria - Excerpt

2010 PRELIMINARY DIAGNOSTIC CRITERIA (EXCERPT)

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.

ASCERTAINMENT

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.
   - Shoulder girdle, left
   - Shoulder girdle, right
   - Upper arm, left
   - Upper arm, right
   - Lower arm, left
   - Lower arm, right
   - Hip (buttock, trochanter), left
   - Hip (buttock, trochanter), right
   - Upper leg, left
   - Upper leg, right
   - Lower leg, left
   - Lower leg, right
   - Jaw, left
   - Jaw, right
   - Chest
   - Abdomen
   - Upper back
   - Lower back
   - Neck

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.

* 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.