

# 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)  $\geq 7$  and symptom severity (SS) scale score  $\geq 5$  or WPI 3 - 6 and SS scale score  $\geq 9$ .
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 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.