

Fibromyalgia syndrome diagnostic worksheet

Symptom severity scale (SSS)

Have your problems with the symptoms below been present for 3 months or more?

Yes

No

If yes, using the following scale, indicate the severity of each symptom over the past week by circling the appropriate number.

	No problem	Mild	Moderate	Severe
Fatigue	0	1	2	3
Trouble thinking or remembering	0	1	2	3
Waking up tired (unrefreshed)	0	1	2	3

During the past 6 months, have you had any of the following symptoms?

Pain or cramps in lower abdomen

Yes

No

Depression

Yes

No

Headache

Yes

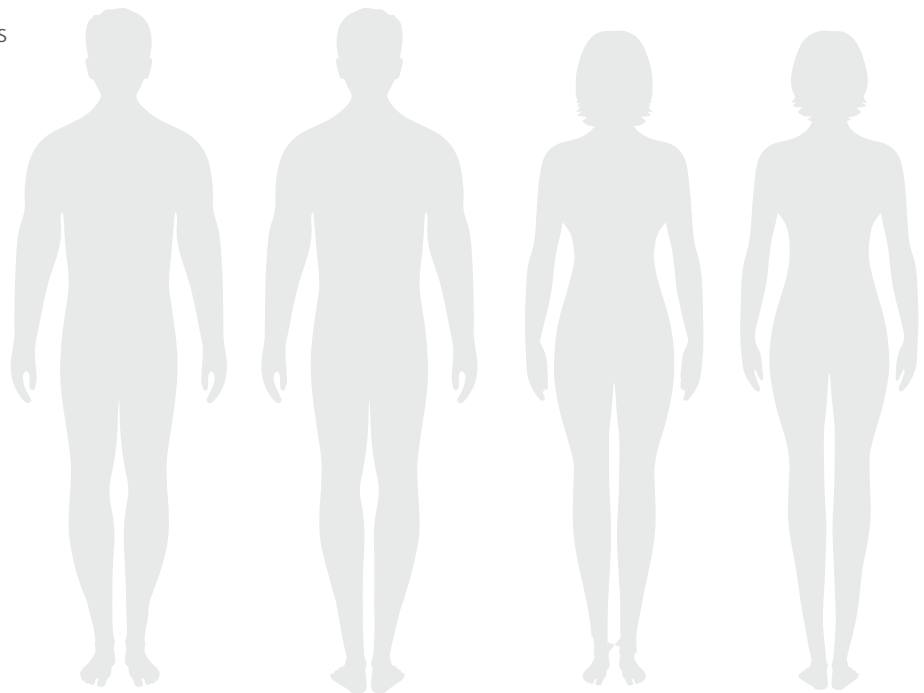
No

Total score* for the SSS _____

*The sum of the three scaled symptoms plus one point each for the other symptoms (pain or cramps, depression, headache). The total will be between 0 and 12.

Body map

Use the figures to record where pain occurs in detail. Shade the areas of your body where you have felt persistent or recurrent pain for the past 3 months or longer (chronic pain).



Calculating the WPI score

Use this checklist to calculate the widespread pain index (WPI) score. Tick the areas where you have had chronic pain for 3 months or longer.

Region 1: left upper

- L jaw
- L shoulder girdle
- L upper arm
- L lower arm and/or L wrist/hand, L elbow

Region 2: right upper

- R jaw
- R shoulder girdle
- R upper arm
- R lower arm and/or R wrist/hand, R elbow

Region 3: left lower

- L hip and/or L buttock
- L upper leg and/or L groin
- L lower leg and/or L ankle/foot, L knee

Region 4: right lower

- R hip and/or R buttock
- R upper leg and/or R groin
- R lower leg and/or R ankle/foot, R knee

Region 5: axial

- Neck
- Upper back
- Lower back
- Chest (L and/or R)
- Abdomen

Total score[†] for the WPI _____

[†]The total will be between 0 and 19.

L=left; R=right

A diagnosis requires widespread pain >3 months duration with currently either
i) widespread pain index (WPI) ≥ 7 and symptom severity scale (SSS) score ≥ 5 , or
ii) WPI 4–6 and SSS score ≥ 9 , with pain in 4/5 body regions.