
To answer the following questions, patients should take into consideration
• how you felt the past week,
• while taking your current therapies and treatments, and
• exclude your pain or symptoms from other known illnesses such as arthritis, Lupus, Sjogren’s, etc.

Check each area you have felt pain in over the past week.

- Shoulder girdle, left
- Shoulder girdle, right
- Upper arm, left
- Upper arm, right
- Lower arm, left
- Lower arm, right
- Hip (buttock) left
- Hip (buttock) right
- Upper leg left
- Upper leg right
- Lower leg left
- Lower leg right
- Jaw left
- Jaw right
- Chest
- Abdomen
- Neck
- Upper back
- Lower back
- None of these areas

Determining Your Widespread Pain Index (WPI)
The WPI Index score from Part 1 is between 0 and 19.

Count up the number of areas checked and enter your Widespread Pain Index or WPI score score here ______.

Symptom Severity Score (SS score) - Part 2a.

Indicate your level of symptom severity over the past week using the following scale.

**Fatigue**
- 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

**Waking unrefreshed**
- 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

**Cognitive symptoms**
- 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

Tally your score for Part 2a (not the number of checkmarks) and enter it here _____.
Symptom Severity Score (SS score)- Part 2b

Check each of the following OTHER SYMPTOMS that you have experienced over the past week?

- Muscle pain
- Irritable bowel syndrome
- Fatigue/tiredness
- Thinking or remembering problem
- Muscle Weakness
- Headache
- Pain/cramps in abdomen
- Numbness/tingling
- Dizziness
- Insomnia
- Depression
- Constipation
- Pain in upper abdomen
- Nausea
- Nervousness
- Chest pain
- Blurred vision
- Fever
- Diarrhea
- Dry mouth
- Itching
- Wheezing
- Raynauld’s
- Hives/welts
- Ringing in ears
- Vomiting
- Heartburn
- Oral ulcers
- Loss/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
- Bladder spasms

Count up the number of symptoms checked above.
*If you tallied:
  0 symptoms Give yourself a score of 0
  1 to 10 Give yourself a score of 1
  11 to 24 Give yourself a score of 2
  25 or more Give yourself a score of 3

Enter your score for Part 2b here _____.

Now add Part 2a AND 2b scores, and enter _____.

This is your Symptom Severity Score (SS score), which can range from 0 to 12.

What Your Scores Mean

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

1a. The WPI score (Part 1) is greater than or equal to 7 AND the SS score (Part 2a & b) is greater than or equal to 5

OR

1b. The WPI score (Part 1) is from 3 to 6 AND the SS score (Part 2a & b) is greater than or equal to 9.

2. Symptoms have been present at a similar level for at least 3 months.

3. You do not have a disorder that would otherwise explain the pain.

For example:
If your WPI (Part 1) was 9 and your SS score (Parts 2a & b) was 6, then you would meet the new FM diagnostic criteria.

If your WPI (Part 1) was 5 and your SS score (Parts 2a & b) was 7, then you would NOT meet the new FM diagnostic criteria.

*The new FM diagnostic criteria did not specify the number of “Other Symptoms” required to score the point rankings from 0 to 3. Therefore, we estimated the number of symptoms needed to meet the authors’ descriptive categories of:
  0 = No symptoms
  1 = Few symptoms
  2 = A moderate number
  3 = A great deal of symptoms