

# Fibromyalgia 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

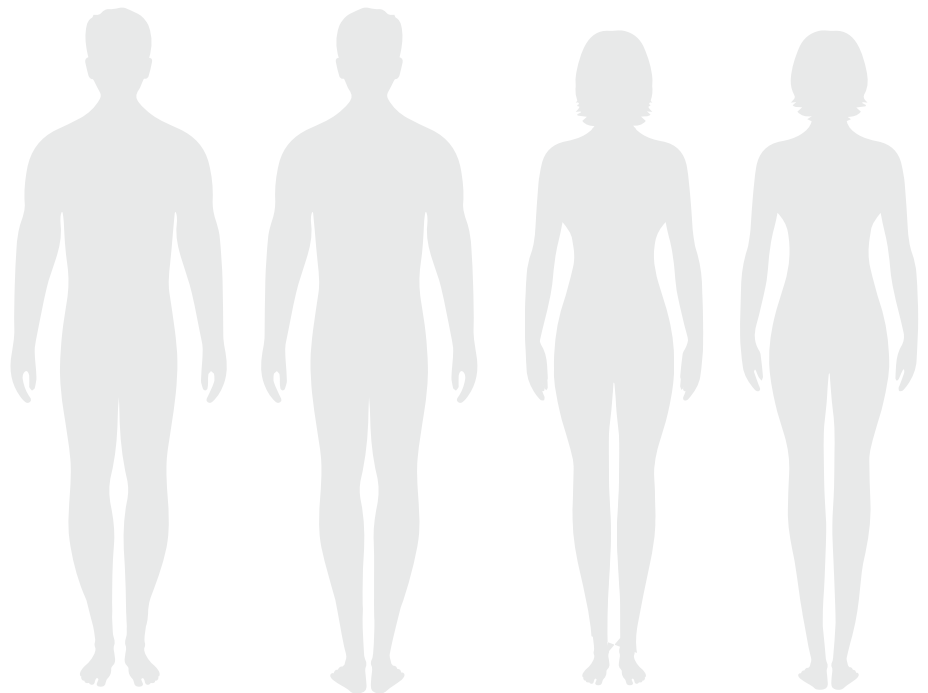
No

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<sup>†</sup> for the WPI \_\_\_\_\_

<sup>†</sup>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)  $\geq 7$  and symptom severity scale (SSS) score  $\geq 5$ , or  
 ii) WPI 4–6 and SSS score  $\geq 9$ , with pain in 4/5 body regions (see text).

## Acknowledgements

- > ACR 2016 criteria reprinted from: Wolfe F *et al.* 2016 Revisions to the 2010/2011 fibromyalgia diagnostic criteria. *Semin Arthritis Rheum* 2016;46:319–329 with permission from Elsevier.
- > The design of this worksheet was inspired by the Michigan body map: <https://medicine.umich.edu/dept/pain-research/clinical-research/michigan-body-map-mbm>