2010 ACR Fibromyalgia Diagnostic Criteria (Modified 2011)

A patient satisfies diagnostic criteria for fibromyalgia if the following 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.

Take this test and add:

1. ___ WPI: Check each area you’ve had pain over the last week. Count these (score will be between 0 and 19).

<table>
<thead>
<tr>
<th>Shoulder girdle, left</th>
<th>Hip (buttock, trochanter), left</th>
<th>Jaw, left</th>
<th>Upper back</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoulder girdle, right</td>
<td>Hip (buttock, trochanter), right</td>
<td>Jaw, right</td>
<td>Lower back</td>
</tr>
<tr>
<td>Upper arm, left</td>
<td>Upper leg, left</td>
<td>Chest</td>
<td>Neck</td>
</tr>
<tr>
<td>Upper arm, right</td>
<td>Upper leg, right</td>
<td>Abdomen</td>
<td></td>
</tr>
<tr>
<td>Lower arm, left</td>
<td>Lower leg, left</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lower arm, right</td>
<td>Lower leg, right</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. SS scale score:
For each of the 3 symptoms below, score their 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

___ Fatigue (score 0-3)
___ Waking unrefreshed (score 0-3)
___ Cognitive symptoms ("brain fog"; score 0-3)

Then add just 1 point for each of the following 3 symptoms that have occurred during the previous 6 months:

___ Headaches (score 0-1)
___ Pain or cramps in lower abdomen (score 0-1)
___ Depression (score 0-1)

___ Total SS Scale score (adding the 6 items above). The final score is between 0 and 12.