Fibromyalgia Questionnaire Worksheet

Patient info	rmation								
Name:					Date:				
Age:					Contact	informati	on:		
Patient hist	ory								
Relevant me	edical hist	ory:							
Medications	and treat	ments:							
Lifestyle inf	formation	1							
Dietary habit	ts:								
Exercise rou	ıtine:								
Stress level (1 [low] – 10 [high]):									
□ 1	2	3	4	5	6	7	8	9	10

Part 1: Widespread pain index

How to calculate the patient's widespread pain index (WPI):

- 1. Using the list of 19 body areas, identify the areas where the patient felt pain over the past week. As a visual aid front / back body diagrams are included.
 - · Each are identified on the list counts as 1
- 2. Total the number of body areas (the WPI score can range from 0 to 19).

Write the patient's WPI score here:

Identify the areas where the patient felt pain over the past week:

☐ Shoulder girdle, left Upper leg, left Neck

☐ Shoulder girdle, right
Upper leg, right
Upper back

Upper arm, leftLower leg, leftLower back

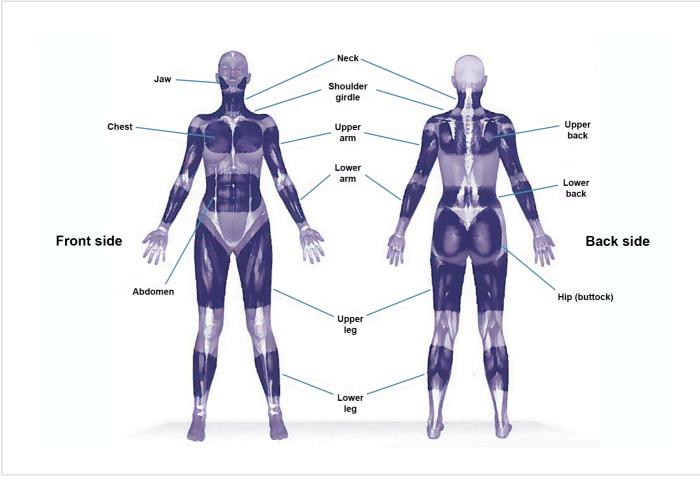
□ Upper arm, right Lower leg, right

□ Lower arm, left
Jaw, left

☐ Lower arm, right Jaw, right

☐ Hip (buttock), left Chest

☐ Hip (buttock), right Abdomen



Part 2A: Symptom severity scale (Scale of severity)

How to measure the patient's level of symptom severity:

- 1. Using a scale of 0 to 3, indicate the patient's level of symptom severity over the past week in each of the 3 symptom category. Choose only 1 level of severity for each category.
 - The score is the sum of the numbers that correspond to the severity levels identifies in all 3 categories.
- 2. Total the scale numbers for all the 3 categories and write the number here:

Fatigue:						
□ 0 = No problem						
☐ 1 = Slight or mild problems; generally mild or intermittent						
☐ 2 = Moderate; considerable problems; often present and / or at 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						
Part 2B: Symptom severity scale (Other somatic symptoms)						

How to measure the patient's level of symptom severity:

Using the symptoms list on the following page, determine the extent of the somatic symptoms the patient may have experienced over the past week.

- 1. Determine the quantity of somatic symptoms using the list on the following page.
- 2. Using your best judgment, calculate the score that matches the quantity of those somatic symptoms and write the number here:

Add the scores from the Part 2a and 2b (the Symptom Severity score, or SS score, can range from 0 to 12) Write the patient's SS score here:								
Other somatic symptoms:								
☐ Muscle pain	Nausea	Oral ulcers						
☐ Irritable bow syndrome	Nervousness	Loss / change in taste						
☐ Fatigue / tiredness	Chest pain	Seizures						
☐ Thinking or memory problem	Blurred vision	Dry eyes						
☐ Muscle weakness	Fever	Shortness of breath						
☐ Headache	Diarrhea	Loss of appetite						
☐ Pain / cramps in abdomen	Dry mouth	Rash						
□ Numbness / tingling	Itching	Sun sensitivity						
Dizziness	Wheezing	Hearing difficulties						
Insomnia	Raynaud's	Easy bruising						
Depression	Hives / welts	Hair loss						
Constipation	Vomiting	Frequent urination						
☐ Pain in upper abdomen	Heartburn	Bladder spasms						
Based on the quantity of symptoms, the patient's score is:								
□ 0 = No symptoms	of symptoms							
☐ 1 = Few symptoms	= A great deal of symptoms							
What the patient's score means								
The patient's WPI score (Part 1):								
The patient's SS score (Part 2a and 2b):								
A patient meets the diagnostic criteria for fibromyalgia if the following 3 conditions are met: 1a. The WPI score (Part 1) is greater or equal to 7 and the SS score (Parts 2a and 2b) 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 and 2b) is greater than or equal to 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.								

Reference: Wolfe, F., Clauw, D. J., Fitzcharles, M.-A., Goldenberg, D. L., Katz, R. S., Mease, P., Russell, A. S., Russell, I. J., Winfield, J. B., & Yunus, M. B. (2010). The American College of Rheumatology preliminary diagnostic criteria for fibromyalgia and measurement of symptom severity. *Arthritis Care & Research*, *62*(5), 600–610. https://doi.org/10.1002/acr.20140