New Fibromyalgia Criteria

The latest method for being diagnosed as Fibromyalgia Syndrome

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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
- None of these areas

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

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

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.

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**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


This survey is not meant to substitute for a diagnosis by a medical professional. Patients should not diagnose themselves. Patients should always consult their medical professional for advice and treatment. This survey is intended to give you insight into research on the diagnostic criteria and measurement of symptom severity for fibromyalgia.