

QUICK GUIDE TO FIBROMYALGIA SCORING

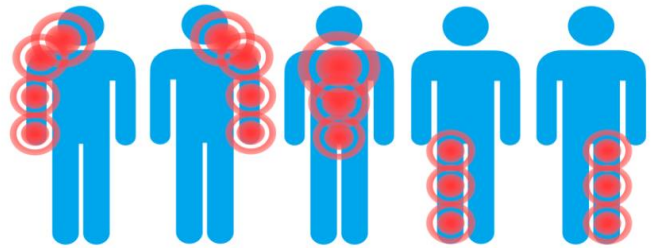
Use in conjunction with "Diagnosis of Fibromyalgia" leaflet

DIAGNOSTIC CRITERIA:

1. **Generalised pain**

Pain in 4 out of 5 body regions; right upper, left upper, right lower, left lower, axial.

Pain in the jaw, abdomen and chest is not included here but is included when calculating the Widespread Pain Index.



2. **Fibromyalgia Score 12 or more**

where the Widespread Pain Index is at least 4.

eg Widespread Pain Index (WPI) 7 and Symptom Severity Score (SSS) 5 or WPI 4 & SSS 9

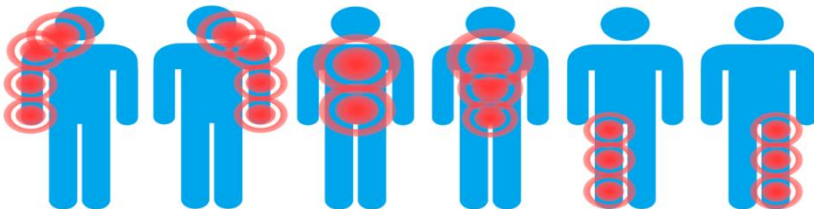
3. **Symptoms present for at least 3 months**

WIDESPREAD PAIN INDEX: Five body regions. Score 0-19

- Right upper region: jaw, shoulder girdle, arm, lower arm
- Left upper region: jaw, shoulder girdle, arm, lower arm
- Axial region: neck, upper back, lower back, chest, abdomen
- Right lower region: hip/buttock, leg, lower leg
- Left lower region: hip/buttock, leg, lower leg

WPI Score :

/19



SYMPTOM SEVERITY SCORE Symptom Severity Scale plus Symptoms. Score 0-12

Symptom Severity Scale (0- 9)

- Fatigue: Score 0=none, 1=mild, 2=moderate, 3=severe
- Waking unrefreshed: Score 0=none, 1=mild, 2=moderate, 3=severe
- Cognitive symptoms: Score 0=none, 1=mild, 2=moderate, 3=severe

SSS Score :

/12

Symptoms in the last six months (0-3)

Headaches (0-1), Lower abdominal pain (0-1), Depression (0-1)

Fibromyalgia Score (FS) =WPI +SSS

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Fibromyalgia is a valid diagnosis irrespective of other diagnoses.