

2016 Fibromyalgia Diagnostic Criteria

1. Widespread pain index (WPI) and symptom severity score (SSS)

- WPI ≥ 7 and SSS ≥ 5 OR WPI 4-6 and SSS ≥ 9

2. Generalized pain: pain in 4/5 regions

3. Symptoms present ≥ 3 months

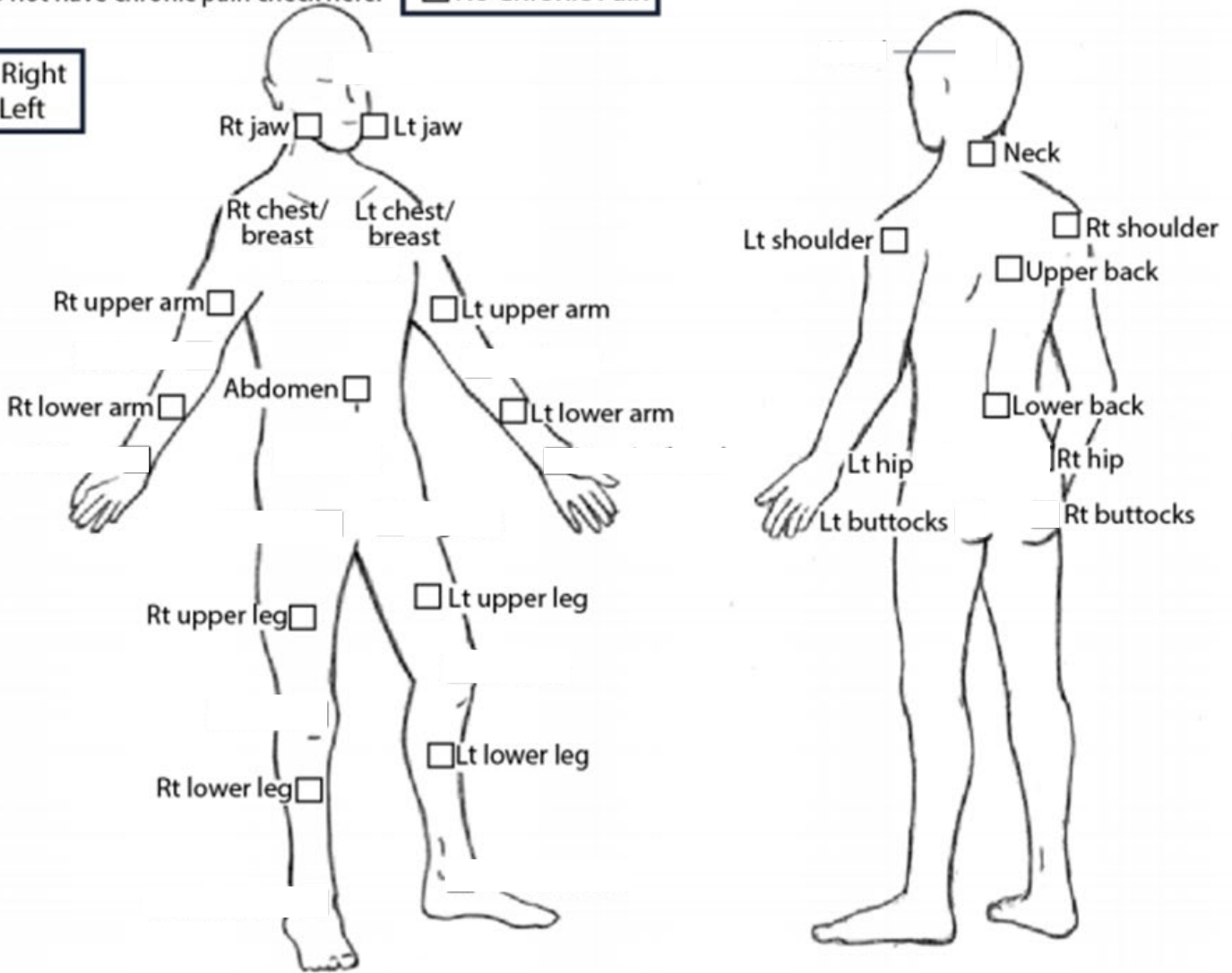
The fibromyalgia diagnosis can now be made irrespective of other diagnoses (you do not need to rule out all other conditions that could explain the symptoms, if criteria 1-3 are all met).

Michigan Body Map

On the image below, **CHECK ALL** areas of your body where you have felt **persistent or recurrent pain** present for the last **3 months or longer (chronic pain)**.

If you do not have chronic pain check here: No Chronic Pain

Rt = Right
Lt = Left



Based on the above, check all regions where you experienced persistent or recurrent pain for 3 months or longer.

Left upper region

L shoulder
L upper arm
L lower arm

Right upper region

R shoulder
R upper arm
R lower arm

Left lower region

L hip/buttock
L upper leg
L lower leg

Right lower region

R hip/buttock
R upper leg
R lower leg

Axial region

Neck
Upper back
Lower back

_____ WPI score (add up boxes checked on the body map) 0-19.

_____ Number of regions checked 0-5; use this for criterion #2.

Symptoms Severity Score (SSS)

For each of the following, for the past week, rate

	0=No problem	1=slight or mild problem, often mild or intermittent	2=moderate, considerable problem, often present	3=severe, pervasive, continuous, life-disturbing
Fatigue				
Waking unrefreshed				
Cognitive symptoms				

In the past week, have you been bothered by any of the following?

	0=No problem	1=Problem
Depression		
Pain or cramps in lower abdomen		
Headaches		

Total SSS: _____ (0-12)

Summary:

_____ WPI score

_____ Number of regions checked; use this for criterion #2.

_____ SSS score

- 1. Criterion 1 is met if you have EITHER
 - WPI ≥ 7 and SSS ≥ 5 OR
 - WPI 4-6 and SSS ≥ 9
- 2. Generalized pain: met if you checked pain in 4/5 regions (not including items in italics)
- 3. Symptoms present ≥ 3 months

Fibromyalgia is diagnosed if you meet all 3 criteria 1-3, independent of whether other diagnoses contribute to these symptoms. This is new: FMS diagnosis used to require that there be no other diagnosis to explain the findings.