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).

Shoulder girdle, left	Hip (buttock, trochanter), left	Jaw, left	Upper back
Shoulder girdle, right	Hip (buttock, trochanter), right	Jaw, right	Lower back
Upper arm, left	Upper leg, left	Chest	Neck
Upper arm, right	Upper leg, right	Abdomen	
Lower arm, left	Lower leg, left		
Lower arm, right	Lower leg, right		

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.