**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).

1. **Widespread pain index (WPI)**

In the past week, where have you had pain? (check all that apply)

|  |  |  |
| --- | --- | --- |
| **Left upper region (1)**   * *L jaw* * L shoulder girdle * L upper arm * L lower arm   **Left lower region (3)**   * L hip (buttock/trochanter) * L upper leg * L lower leg | **Right upper region (2)**   * *R jaw* * R shoulder girdle * R upper arm * R lower arm   **Right lower region (4)**   * R hip (buttock/trochanter) * R upper leg * R lower leg | **Axial region (5)**   * Neck * Upper back * Lower back * *Chest* * *Abdomen* |

Total: \_\_\_\_\_\_ WPI score (add up boxes checked, 0-19)   
\_\_\_\_\_\_\_Number of regions checked (excluding items in italics); 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 |
| Headaches |  |  |
| Pain or cramps in lower abdomen |  |  |
| Depression |  |  |

Total SSS: \_\_\_\_\_\_\_(0-12)

Summary:

* **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.

Wolfe F, Clauw DJ, Fitzcharles MA, et al. 2016 Revisions to the 2010/2011 fibromyalgia diagnostic criteria. *Semin Arthritis Rheum.* 2016;46(3):319-329. Available at: <http://dx.doi.org/10.1016/j.semarthrit.2016.08.012>