Fibromyalgia syndrome diagnostic worksheet

**Symptom severity index (SSI)**

Have your problems with the symptoms below been present for 3 months or more?  

- [ ] Yes  
- [ ] No

If yes, using the following scale, indicate the severity of each symptom over the past week by circling the appropriate number.

<table>
<thead>
<tr>
<th></th>
<th>No problem</th>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Trouble thinking or remembering</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Waking up tired (unrefreshed)</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

During the past 6 months, have you had any of the following symptoms?

- [ ] Yes  
- [ ] No

- Pain or cramps in lower abdomen
- Depression
- Headache

**Total score* for the SSI**

*The sum of the three scaled symptoms plus one point each for the other symptoms (pain or cramps, depression, headache). The total will be between 0 and 12.

**Body map**

Use the figures to record where pain occurs in detail. Shade the areas of your body where you have felt persistent or recurrent pain for the past 3 months or longer (chronic pain).

**Calculating the WPI score**

Use this checklist to calculate the widespread pain index (WPI) score. Tick the areas where you have had chronic pain for 3 months or longer.

**Region 1: left upper**
- [ ] L jaw
- [ ] L shoulder girdle
- [ ] L upper arm
- [ ] L lower arm and/or L wrist/hand, L elbow

**Region 2: right upper**
- [ ] R jaw
- [ ] R shoulder girdle
- [ ] R upper arm
- [ ] R lower arm and/or R wrist/hand, R elbow

**Region 3: left lower**
- [ ] L hip and/or L buttock
- [ ] L upper leg and/or L groin
- [ ] L lower leg and/or L ankle/foot, L knee

**Region 4: right lower**
- [ ] R hip and/or R buttock
- [ ] R upper leg and/or R groin
- [ ] R lower leg and/or R ankle/foot, R knee

**Region 5: axial**
- [ ] Neck
- [ ] Upper back
- [ ] Lower back
- [ ] Chest (L and/or R)
- [ ] Abdomen

**Total score† for the WPI**

†The total will be between 0 and 19.

www.rcp.ac.uk/fibromyalgia-guidelines