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** /31

*Fibromyalgia is a valid diagnosis irrespective of other diagnoses.*