# Treating Common Pain Conditions: Diagnostic Criteria

## Fibromyalgia criteria—2016 revision

### Criteria

A patient satisfies modified 2016 fibromyalgia criteria if the following 3 conditions are met:

1. Widespread pain index (WPI) ≥ 7 and symptom severity scale (SSS) score ≥ 5 OR WPI of 4-6 and SSS score ≥ 9.
2. Generalized pain, defined as pain in at least 4 of 5 regions, must be present. Jaw, chest, and abdominal pain are not included in generalized pain definition.
3. Symptoms have been generally present for at least 3 months.
4. A diagnosis of fibromyalgia is valid irrespective of other diagnoses. A diagnosis of fibromyalgia does not exclude the presence of other clinically important illnesses.

### Ascertainment

1. **WPI**: note the number of areas in which the patient has had pain over the last week. In how many areas has the patient had pain? Score will be between 0 and 19

   - **Left upper region (Region 1)**: Jaw, left
   - **Right upper region (Region 2)**: Jaw, right
   - **Axial region (Region 5)**: Neck
   - **Shoulder girdle, left**: Shoulder girdle, right
   - **Upper arm, left**: Upper arm, right
   - **Lower arm, left**: Lower arm, right
   - **Left lower region (region 3)**: Hip (buttock, trochanter), left
   - **Right lower region (Region 4)**: Hip (buttock, trochanter), right
   - **Upper leg, left**: Upper leg, right
   - **Lower leg, left**: Lower leg, right

2. **Symptom severity scale (SSS) score**

   - **Fatigue**
   - **Waking unrefreshed**
   - **Cognitive symptoms**

   For the each of the 3 symptoms above, indicate the level of 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

   **The symptom severity scale (SSS) score**: is the sum of the severity scores of the 3 symptoms (fatigue, waking unrefreshed, and cognitive symptoms) (0–9) plus the sum (0–3) of the number of the following symptoms the patient has been bothered by that occurred during the previous 6 months:
   - (1) Headaches (0–1)
   - (2) Pain or cramps in lower abdomen (0–1)
   - (3) And depression (0–1)

   The final symptom severity score is between 0 and 12

   **The fibromyalgia severity (FS) scale**: is the sum of the WPI and SSS

   The FS scale is also known as the polysymptomatic distress (PSD) scale.

   *Not included in generalized pain definition.*