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## APPENDIX A: FIBROMYALGIA DIAGNOSTIC CRITERIA

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### Criteria

A patient satisfies diagnostic criteria for fibromyalgia if the following 3 conditions are met:

- 1) Widespread pain index (WPI)  $\geq 7$  and symptom severity (SS) scale score  $\geq 5$  or WPI between 3 and 6 and SS scale score  $\geq 9$ .<sup>AQ25</sup>
- 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.

### Ascertainment

- 1) WPI: note the number 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.

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:

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

Considering somatic symptoms in general, indicate whether the patient has:\*

0 = no symptoms

1 = few symptoms

2 = a moderate number of symptoms

3 = a great deal of symptoms

The SS scale score is the sum of the severity of the 3 symptoms (fatigue, waking unrefreshed, cognitive symptoms) plus the extent (severity) of somatic symptoms in general. The final score is between 0 and 12.

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\* Somatic symptoms that might be considered: muscle pain, irritable bowel syndrome, fatigue/tiredness, thinking or remembering problem, muscle weakness, headache, pain/cramps in the abdomen, numbness/tingling, dizziness, insomnia, depression, constipation, pain in the upper abdomen, nausea, nervousness, chest pain, blurred vision, fever, diarrhea, dry mouth, itching, wheezing, Raynaud's phenomenon, hives/welts, ringing in ears, vomiting, heartburn, oral ulcers, loss of/change in taste, seizures, dry eyes, shortness of breath, loss of appetite, rash, sun sensitivity, hearing difficulties, easy bruising, hair loss, frequent urination, painful urination, and bladder spasms.

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**AQ25 Author: In Appendix A, should "WPI between 3 and 6" be changed to "WPI 3--6," as it appears in the rest of the article?**