

Fibromyalgia Diagnostic Criteria

Widespread Pain Index (WPI) and Symptom Severity (SS) scale — a symptom-based diagnostic case definition that does not require a tender point examination.

2010 ACR Preliminary Criteria
Diagnostic Criteria for Fibromyalgia &
Symptom Severity
Wolfe et al. • Arthritis Care Res
2010;62:600-610

NOTE

Diagnostic (not classification) criteria — replaces the 1990 ACR tender-point criteria; ~25% of patients meeting these criteria did not satisfy the 1990 criteria.

1 Diagnostic Criteria (All 3 Required)

1) Score threshold: Widespread Pain Index (WPI) ≥ 7 and Symptom Severity (SS) scale ≥ 5 — or — WPI 3-6 and SS scale ≥ 9 .

2) Duration: symptoms have been present at a similar level for **at least 3 months**.

3) Exclusion: the patient does not have a disorder that would otherwise explain the pain.

2 Widespread Pain Index (WPI) — Score 0-19

Count the number of areas in which the patient has had pain over the last week:

- Shoulder girdle, left
- Shoulder girdle, right
- Upper arm, left
- Upper arm, right
- Lower arm, left
- Lower arm, right
- Hip/buttock, left
- Hip/buttock, right
- Upper leg, left
- Upper leg, right
- Lower leg, left
- Lower leg, right
- Jaw, left
- Jaw, right
- Chest
- Abdomen
- Upper back
- Lower back
- Neck
-
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3 Symptom Severity (SS) Scale — Score 0-12

COMPONENT (SCORE 0-3 EACH FOR FIRST THREE)

SCALE

Fatigue — level of severity over the past week **0-3**

Waking unrefreshed — level of severity over the past week **0-3**

Cognitive symptoms — level of severity over the past week **0-3**

Somatic symptoms in general (e.g. muscle pain, IBS, headache, numbness/tingling, dizziness, insomnia, depression) — extent/severity **0-3**

Severity scale (each item): 0 = no problem · 1 = slight/mild, generally intermittent · 2 = moderate, considerable, often present · 3 = severe, pervasive, continuous, life-disturbing. SS scale score = sum of the 4 components (fatigue + waking unrefreshed + cognitive symptoms + somatic symptom extent), **range 0-12**.

4 Performance

These criteria classified patients as having fibromyalgia with **84.1% sensitivity/accuracy vs. physician diagnosis**; when compared against the 1990 ACR classification criteria, correct classification was **79.2%**. A simplified alternate SS threshold (score > 6 , without the WPI split) correctly classifies **92.3%** of cases identified by the full diagnostic definition.