Widespread Pain Index (WPI) (score range: 1–19)

Please check the lines below for each area in which you have had pain or tenderness during the past 7 days:

1. Shoulder girdle, left

\_\_\_ 1 Yes \_\_\_ 0 No

1. Shoulder girdle, right

\_\_\_ 1 Yes \_\_\_ 0 No

1. Upper arm, left

\_\_\_ 1 Yes \_\_\_ 0 No

1. Upper arm, right

\_\_\_ 1 Yes \_\_\_ 0 No

1. Lower arm, left

\_\_\_ 1 Yes \_\_\_ 0 No

1. Lower arm, right

\_\_\_ 1 Yes \_\_\_ 0 No

1. Hip (buttock) left

\_\_\_ 1 Yes \_\_\_ 0 No

1. Hip (buttock) right

\_\_\_ 1 Yes \_\_\_ 0 No

1. Upper leg left

\_\_\_ 1 Yes \_\_\_ 0 No

1. Upper leg right

\_\_\_ 1 Yes \_\_\_ 0 No

1. Lower leg left

\_\_\_ 1 Yes \_\_\_ 0 No

1. Lower leg right

\_\_\_ 1 Yes \_\_\_ 0 No

1. Jaw left

\_\_\_ 1 Yes \_\_\_ 0 No

1. Jaw right

\_\_\_ 1 Yes \_\_\_ 0 No

1. Chest

\_\_\_ 1 Yes \_\_\_ 0 No

1. Abdomen

\_\_\_ 1 Yes \_\_\_ 0 No

1. Neck

\_\_\_ 1 Yes \_\_\_ 0 No

1. Upper back

\_\_\_ 1 Yes \_\_\_ 0 No

1. Lower back

\_\_\_ 1 Yes \_\_\_ 0 No

1. None of these areas

\_\_\_ 1 Yes \_\_\_ 0 No

WPI Score: \_\_\_\_\_

Symptom Severity (score range: 1–12)

For each symptom listed below, use the following scale to indicate the severity of the symptom **during the past 7 days**.

1. Fatigue

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

No problem Slight or mild Moderate problem Severe problem

Problem

1. Trouble thinking or remembering

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

No problem Slight or mild Moderate problem Severe problem

Problem

1. Waking up tired (unrefreshed)

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

No problem Slight or mild Moderate problem Severe problem

Problem

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

1. Pain or cramps in lower abdomen

\_\_ 0 \_\_ 1

No Yes

1. Depression

\_\_ 0 \_\_ 1

No Yes

1. Headache

\_\_ 0 \_\_ 1

No Yes

Symptom severity score: \_\_\_\_\_\_\_\_

Additional criteria (no score)

1. Have the symptoms listed on this sheet, and widespread pain been present at a similar level for at least 3 months?

\_\_ 0 \_\_ 1

No Yes

Total score: \_\_\_\_\_\_\_

Wolfe F, Clauw DJ, Fitzcharles MA, et al. The American college of rheumatology preliminary diagnostic criteria for fibromyalgia and measurement of symptom severity. Arthritis Care Res (Hoboken). 2010;62:600–610.