



## DIAGNOSTIC CRITERIA

# FIBROMYALGIA (2016 ACR)

### INTRODUCTION:

There is no gold standard for fibromyalgia diagnosis. In an effort to standardize fibromyalgia criteria, a multi-center study was organized which resulted in the ACR 1990 classification criteria for fibromyalgia. In 2010, the ACR endorsed the “The American College of Rheumatology Preliminary Diagnostic Criteria for Fibromyalgia and Measurement of Symptom Severity”. The revision combines physician and questionnaire criteria, minimizes misclassification of regional pain disorders, and eliminates the previously confusing recommendation regarding diagnostic exclusions.

- Sensitivity: 85%
- Specificity: 90%

### REFERENCE VALUES:

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

#### Widespread pain index (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?

#### Left upper region (1)

- Jaw, shoulder girdle, upper arm, lower arm.

#### Right upper region (2)

- Jaw, shoulder girdle, upper arm, lower arm.

**Left lower region (3)**

- Hip (buttock, trochanter), upper leg, lower leg.

**Right lower region (4)**

- Hip (buttock, trochanter), upper leg, lower leg.

**Axial region (5)**

- Neck, upper back, lower back, chest, abdomen.

**The Symptom Severity Scale (SSS) Score**

For each of the 3 symptoms, indicate the level of severity over the past week:

**Fatigue**

- No problem
- Slight to mild problems, generally mild or intermittent
- Moderate, considerable problems, often present and/or at a moderate level
- Severe: pervasive, continuous, life-disturbing problems

**Cognitive symptoms**

- No problem
- Slight to mild problems, generally mild or intermittent
- Moderate, considerable problems, often present and/or at a moderate level
- Severe: pervasive, continuous, life-disturbing problems

Did any of the following symptoms occur during the previous 6 months?

- Headaches
- Pain or cramps in the lower abdomen
- Depression

**REFERENCES:**

Wolfe F, Clauw DJ, Fitzcharles M, et al. 2016 Revisions to the 2010/2011 Fibromyalgia Diagnostic Criteria. *Semin Arthritis Rheum* 2016 Dec 30;46(3):319-329.