### Table 3
Fibromyalgia criteria—2016 revision

<table>
<thead>
<tr>
<th>Criteria</th>
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<tbody>
<tr>
<td>A patient satisfies modified 2016 fibromyalgia criteria if the following 3 conditions are met:</td>
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<tr>
<td>(1) Widespread pain index (WPI) ≥ 7 and symptom severity scale (SSS) score ≥ 5 OR WPI of 4–6 and SSS score ≥ 9.</td>
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<td>(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.</td>
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<td>(3) Symptoms have been generally present for at least 3 months.</td>
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<td>(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.</td>
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### 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)**
   - **Right upper region (Region 2)**
   - **Axial region (Region 5)**
   - **Jaw, left**
   - **Shoulder girdle, left**
   - **Upper arm, left**
   - **Lower arm, left**
   - **Left lower region (Region 3)**
   - **Right lower region (Region 4)**
   - **Hip (buttock, trochanter), left**
   - **Upper leg, left**
   - **Lower leg, left**

2. **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.

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This table is from the 2016 Revisions to the 2010/2011 fibromyalgia diagnostic criteria article, which appeared in Volume 46, Issue 3 of the Seminars in Arthritis and Rheumatism journal. The full article is available at www.semarthritisrheumatism.com/article/S0049-0172(16)30208-6/fulltext.