

DO YOU HAVE FIBROMYALGIA? - A Self-Test

Fibromyalgia (FMS) is such an elusive medical problem that it's difficult to design a questionnaire specific for this pain syndrome. I have provided these questions as a guide for evaluating what you are experiencing. If you answer "yes" to more than three questions, I suggest you review the fibromyalgia chapter in my book, *Screaming to Be Heard* and arrange a consultation with us, with your physician, or with a pain management specialist in your area. The more you know about FMS pain syndrome, the better you will be able to work with health professionals to combine effective options, reduce pain, and feel better.

1. Due to pain, I regularly have trouble sleeping. YES NO
2. I notice pain on an almost daily basis. YES NO
3. I experience pain in multiple areas of my body: neck, shoulders, back, hips, joints, head, etc. YES NO
4. Aspirin, Tylenol, or over the counter medications do not usually relieve my pain. YES NO
5. Due to limitations caused by my pain, I have reduced or eliminated activities I used to enjoy. YES NO
6. Due to constant pain, I no longer enjoy sexual activity. YES NO
7. I experience a worsening of my pain in cold, damp weather. YES NO
8. Due to pain, I have experienced a decrease in my ability to work at home or on the job. YES NO
9. Because of pain, I have been depressed or tense and irritable to an unusual degree. YES NO
10. I experience numbness, burning, or cold sensations in my muscles and/or arms and legs. YES NO
11. I have general stiffness and soreness, which is often worse in the morning. YES NO
12. I have a lot of tender places where muscles come together around my joints, shoulders, back, and neck. YES NO
13. I feel so tired I can barely get through a day of normal activity. YES NO
14. Due to pain, my memory and concentration are getting worse. YES NO
15. The pain is so hard to live with, I have had thoughts of taking my life (If this answer is "yes," you should promptly seek professional psychiatric evaluation.) YES NO