



SYMPTOMS OF FIBROMYALGIA

Name _____

Date _____

Circle the extent to which you experience the following symptoms, leaving blank any that you do not experience, with 1 indicating that you seldom experience it and 5 indicating that it is troublesome to you most of the time.

Musculoskeletal

- | | | | | | |
|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | Pain in muscles, tendons, ligaments and joints |
| 1 | 2 | 3 | 4 | 5 | Generalised morning stiffness |
| 1 | 2 | 3 | 4 | 5 | Pain in neck, shoulder and back, particularly between the shoulder blades |
| 1 | 2 | 3 | 4 | 5 | Pain in the elbows (inside and outside of the joint) |
| 1 | 2 | 3 | 4 | 5 | Swelling in abdominal muscles |
| 1 | 2 | 3 | 4 | 5 | Swelling in the lower leg and sole of the foot |
| 1 | 2 | 3 | 4 | 5 | Muscular weakness, where any small physical movement requires considerable effort |
| 1 | 2 | 3 | 4 | 5 | Poor physical coordination or clumsiness, loss of balance |
| 1 | 2 | 3 | 4 | 5 | Osteoarthritis |

Central nervous system

- | | | | | | |
|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | Extreme fatigue or debilitation |
| 1 | 2 | 3 | 4 | 5 | Apathy, listlessness |
| 1 | 2 | 3 | 4 | 5 | Mood swings |
| 1 | 2 | 3 | 4 | 5 | Avoidance of social contact |
| 1 | 2 | 3 | 4 | 5 | 'Brain fog': impaired memory, reasoning and concentration, mental vagueness, lack of comprehension, particularly when tired |
| 1 | 2 | 3 | 4 | 5 | Insomnia and wakefulness at night |
| 1 | 2 | 3 | 4 | 5 | Daytime drowsiness |
| 1 | 2 | 3 | 4 | 5 | Non-restorative sleep |
| 1 | 2 | 3 | 4 | 5 | Emotional reactions to illness: despair, frustration |

Skin

- | | | | | | |
|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | Cold hands and feet or an overall sense of chilliness |
| 1 | 2 | 3 | 4 | 5 | Feeling comfortable only within a narrow range of temperature |
| 1 | 2 | 3 | 4 | 5 | Profuse perspiration |

Skin (cont'd)

I	2	3	4	5	Acne, hives, rashes or dry, scaly skin, eczema
I	2	3	4	5	Tingling and burning sensations
I	2	3	4	5	Itchy skin, particularly in bed and in humid conditions
I	2	3	4	5	Brittle nails and hair; ridged nails, dry cuticles
I	2	3	4	5	Pallor, particularly when tired
I	2	3	4	5	Hypersensitivity to touch

Gastrointestinal

I	2	3	4	5	Irritable bowel syndrome, aggravated premenstrually (for women)
I	2	3	4	5	Transient nausea
I	2	3	4	5	Flatulence
I	2	3	4	5	Abdominal pain
I	2	3	4	5	Bloating
I	2	3	4	5	Constipation
I	2	3	4	5	Diarrhoea
I	2	3	4	5	Gastric reflux
I	2	3	4	5	Suspected candida infestations

Genito-urinary (for women)

I	2	3	4	5	Vaginal pain
I	2	3	4	5	Burning mucous discharge
I	2	3	4	5	Increased menstrual cramps
I	2	3	4	5	Painful intercourse

Head, eye, ear, nose and throat

I	2	3	4	5	Headaches with nausea, severe enough to be considered migraines
I	2	3	4	5	Sore or dry throat, mouth or tongue
I	2	3	4	5	Difficulty swallowing
I	2	3	4	5	Sensitive teeth
I	2	3	4	5	Blurred vision
I	2	3	4	5	Chronic nasal congestion, postnasal drip, sinus infections
I	2	3	4	5	Tinnitus (ringing in the ears)
I	2	3	4	5	Sensitivity to light, sound, odours or colours

Renal (kidney) symptoms

I	2	3	4	5	Pungent urination
I	2	3	4	5	Frequent or urgent urination
I	2	3	4	5	Repeated bladder infections
I	2	3	4	5	Water retention that gravitates to lower extremities during the day

Carbohydrate and insulin metabolism

I	2	3	4	5	Craving high-carbohydrate foods
I	2	3	4	5	Hypoglycemia (low blood sugars)
I	2	3	4	5	Weight gain

Auto-immune symptoms

I	2	3	4	5	Increased susceptibility to infections
I	2	3	4	5	Slow recovery from infections
I	2	3	4	5	Multiple food or chemical intolerance