

FIBROMYALGIA IMPACT QUESTIONNAIRE (FIQ)

Name: _____

Date: _____

SECTION I

Questions 1 through 11: Circle the number that best describes how you did overall for the past week. If you don't normally do something that is asked, skip the question.

Were you able to:	Always	Most	Occasionally	Never
1. Do shopping?	0	1	2	3
2. Do laundry with a washer and dryer?	0	1	2	3
3. Prepare meals?	0	1	2	3
4. Wash dishes/cooking utensils by hand?	0	1	2	3
5. Vacuum a rug?	0	1	2	3
6. Make beds?	0	1	2	3
7. Walk several blocks?	0	1	2	3
8. Visit friends or relatives?	0	1	2	3
9. Do yard work?	0	1	2	3
10. Drive a car?	0	1	2	3
11. Climb stairs?	0	1	2	3

SECTION II

Questions 12 and 13: Circle your answer.

12. Of the 7 days in the past week, how many days did you feel good?

0 1 2 3 4 5 6 7

13. How many days last week did you miss work, including housework, because of fibromyalgia?

0 1 2 3 4 5 6 7

FIQ continued on next page...

SECTION III

Questions 14 through 20: Circle the number that best indicates how you felt overall for the past week.

14. When you worked, how much did pain or other symptoms of your fibromyalgia interfere with your ability to do your work, including housework?

No problem with work 0 1 2 3 4 5 6 7 8 9 10 Great difficulty with work

15. How bad has your pain been?

No pain 0 1 2 3 4 5 6 7 8 9 10 Very severe pain

16. How tired have you been?

No tiredness 0 1 2 3 4 5 6 7 8 9 10 Very tired

17. How have you felt when you get up in the morning?

Awoke well rested 0 1 2 3 4 5 6 7 8 9 10 Awoke very tired

18. How bad has your stiffness been?

No stiffness 0 1 2 3 4 5 6 7 8 9 10 Very stiff

19. How nervous or anxious have you felt?

Not anxious 0 1 2 3 4 5 6 7 8 9 10 Very anxious

20. How depressed or blue have you felt?

Not depressed 0 1 2 3 4 5 6 7 8 9 10 Very depressed

Proceed to the next page to calculate your score...

Calculate Your FIQ Score

When you have completed your FIQ, follow these steps to calculate your total score.

Note: For ease of scoring, the scoring method used by researchers has been slightly altered and therefore does not include the precision required for research.

SECTION I

- (a) Add the numbers circled in questions 1 - 11. _____
- (b) Divide the total on line (a) by the
number of questions answered. _____
- (c) Multiply the number on line (b) by 3.33. _____

SECTION I TOTAL – Enter the number from line (c):

SECTION II

- (d) Question 12: Assign a point value to your answer. _____

0 = 7 points
1 = 6 points
2 = 5 points
3 = 4 points
4 = 3 points
5 = 2 points
6 = 1 point
7 = 0 points

- (e) Question 13: Multiply the number circled by 1.43 _____

SECTION II TOTAL – Add lines (d) and (e):

SECTION III

- (f) Total the circled numbers from Questions 14 - 20. _____

SECTION III TOTAL – Enter the number from line (f):

Add SECTION I, II and III totals. **THIS IS YOUR FIQ SCORE**

The higher the total score, the greater impact fibromyalgia is having on a person's life. The average fibromyalgia patient scores 50. Severely affected patients score 70+.

Sources:

Burckhardt, C.S., Clark, S.R., Bennett, R.M.: The fibromyalgia impact questionnaire (FIQ): development and validation. *J Rheumatol.* 18:728-733, 1991.

Burckhardt, C.S. The fibromyalgia impact questionnaire. *Fibromyalgia AWARE*. March - June 2004:12.