CHRONIC FATIGUE SYNDROME/FIBROMYALGIA SYMPTOM CHECKLIST
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Please indicate on a scale of 1 to 10, with 10 being the most severe, the severity of each symptom you experience (using the past month as a general guide). If you do not have the symptom, leave the space blank. (142 items)

Patient Name: _____________________________________________

Date: ______________________

GENERAL (24 items)

_____ Fatigue, made worse by physical exertion or stress
_____ Activity level decreased to less than 50% of pre-illness activity level
_____ Recurrent flu-like illness
_____ Sore throat
_____ Hoarseness
_____ Tender or swollen lymph nodes (glands), especially in neck and underarms
_____ Shortness of breath (air hunger) with little or no exertion
_____ Frequent sighing
_____ Tremor or trembling
_____ Severe nasal allergies (new allergies or worsening of previous allergies)
_____ Cough
_____ Night sweats
_____ Low-grade fevers
_____ Feeling cold often
_____ Feeling hot often
_____ Cold extremities (hands and feet)
_____ Low body temperature (below 97.6)
_____ Low blood pressure (below 110/70)
_____ Heart palpitations
_____ Dryness of eyes and/or mouth
_____ Increased thirst
_____ Symptoms worsened by temperature changes
_____ Symptoms worsened by air travel
_____ Symptoms worsened by stress
PAIN (9 items)

- Headache
- Tender points or trigger points
- Muscle pain
- Muscle twitching
- Muscle weakness
- Paralysis or severe weakness of an arm or leg
- Joint pain
- TMJ syndrome
- Chest pain

GENERAL NEUROLOGICAL (11 items)

- Lightheadedness; feeling "spaced out"
- Inability to think clearly ("brain fog")
- Seizures
- Seizure-like episodes
- Syncope (fainting) or blackouts
- Sensation that you might faint
- Vertigo or dizziness
- Numbness or tingling sensations
- Tinnitus (ringing in one or both ears)
- Photophobia (sensitivity to light)
- Noise intolerance

EQUILIBRIUM/PERCEPTION (6 items)

- Feeling spatially disoriented
- Dysequilibrium (balance difficulty)
- Staggering gait (clumsy walking; bumping into things)
- Dropping things frequently
- Difficulty judging distances (e.g. when driving; placing objects on surfaces)
- "Not quite seeing" what you are looking at
SLEEP (6 items)

- Hypersomnia (excessive sleeping)
- Sleep disturbance: unrefreshing or non-restorative sleep
- Sleep disturbance: difficulty falling asleep
- Sleep disturbance: difficulty staying asleep (frequent awakenings)
- Sleep disturbance: vivid or disturbing dreams or nightmares
- Altered sleep/wake schedule (alertness/energy best late at night)

MOOD/EMOTIONS (16 items)

- Depressed mood
- Suicidal thoughts
- Suicide attempts
- Feeling worthless
- Frequent crying
- Feeling helpless and/or hopeless
- Inability to enjoy previously enjoyed activities
- Increased appetite
- Decreased appetite
- Anxiety or fear when there is no obvious cause
- Panic attacks
- Irritability; overreaction
- Rage attacks: anger outbursts with little or no cause
- Abrupt, unpredictable mood swings
- Phobias (irrational fears)
- Personality changes

EYES AND VISION (4 items)

- Eye pain
- Changes in visual acuity (frequent changes in ability to see well)
- Difficulty with accommodation (switching focus from one thing to another)
- Blind spots in vision
SENSITIVITIES (5 items)
- Sensitivities to medications (unable to tolerate “normal” dosage)
- Sensitivities to odors (e.g., cleaning products, exhaust fumes, colognes, hair sprays)
- Sensitivities to foods
- Alcohol intolerance
- Alteration of taste, smell, and/or hearing

UROGENITAL (7 items)
- Frequent urination
- Painful urination or bladder pain
- Prostate pain
- Impotence
- Endometriosis
- Worsening of premenstrual syndrome (PMS)
- Decreased libido (sex drive)

GASTROINTESTINAL (12 items)
- Stomach ache; abdominal cramps
- Nausea
- Vomiting
- Esophageal reflux (heartburn)
- Frequent diarrhea
- Frequent constipation
- Bloating; intestinal gas
- Decreased appetite
- Increased appetite
- Food cravings
- Weight gain (____ lbs)
- Weight loss (____ lbs)

SKIN (2 items)
- Rashes or sores
- Eczema or psoriasis
OTHER (6 items)

- Hair loss
- Mitral valve prolapse
- Cancer
- Dental problems
- Periodontal (gum) disease
- Aphthous ulcers (canker sores)

COGNITIVE (34 items)

- Difficulty with simple calculations (e.g., balancing checkbook)
- Word-finding difficulty
- Using the wrong word
- Difficulty expressing ideas in words
- Difficulty moving your mouth to speak
- Slowed speech
- Stuttering; stammering
- Impaired ability to concentrate
- Easily distracted during a task
- Difficulty paying attention
- Difficulty following a conversation when background noise is present
- Losing your train of thought in the middle of a sentence
- Difficulty putting tasks or things in proper sequence
- Losing track in the middle of a task (remembering what to do next)
- Difficulty with short-term memory
- Difficulty with long-term memory
- Forgetting how to do routine things
- Difficulty understanding what you read
- Switching left and right
- Transposition (reversal) of numbers, words and/or letters when you speak
- Transposition (reversal) of numbers, words and/or letters when you write
- Difficulty remembering names of objects
- Difficulty remembering names of people
- Difficulty recognizing faces
- Difficulty following simple written instructions
- Difficulty following complicated written instructions
| Difficulty following simple oral (spoken) instructions |
| Difficulty following complicated oral (spoken) instructions |
| Poor judgment |
| Difficulty making decisions |
| Difficulty integrating information (putting ideas together to form a complete picture or concept) |
| Difficulty following directions while driving |
| Becoming lost in familiar locations when driving |
| Feeling too disoriented to drive |