

CHRONIC FATIGUE SYNDROME/FIBROMYALGIA SYMPTOM CHECKLIST

Katrina Berne, Ph.D.

Indicate on a scale of 1 to 10 the severity and frequency of each symptom, with 1 being infrequent or not severe, to 10 being very severe and frequent. Use the past two months as a general guide.

___ Fatigue, worsened by physical exertion or stress

___ Activity level decreased to less than 50% of pre-illness activity level

___ Post-exertional malaise (PEM): exhaustion & feeling unwell 12-72 hours after activity

___ Recurrent flu-like illness

___ Sore throat; hoarseness

___ Tender or swollen lymph nodes (glands)

___ Shortness of breath with little/no exertion

___ Severe allergies (new or worsened)

___ 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 for no apparent reason

___ Increased thirst

___ Symptoms worsened by temperature or weather changes

___ Symptoms worsened by stress

___ Symptoms worsened by air travel

PAIN

___ Headache

___ Tender points or trigger points

___ Muscle pain

___ Muscle twitching

___ Muscle weakness

___ Severe weakness of an arm or leg

___ Joint pain

___ TMJ (temporomandibular) syndrome

___ Chest pain

EYES AND VISION

___ 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

___ Sensitivities to medications (unable to tolerate a "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

___ Frequent urination

___ Painful urination or bladder pain

___ Prostate pain

___ Impotence

___ Worsening of premenstrual syndrome

___ Decreased libido (sex drive)

___ Vulvodynia

GASTROINTESTINAL

- 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)

OTHER

- Rashes or sores
- Eczema or psoriasis
- Hair loss
- Cancer
- Dental problems; periodontal (gum) disease

NEUROLOGICAL

- Lightheadedness; feeling "spacey"
- Inability to think clearly ("brain fog")
- Seizures or seizure-like episodes
- Syncope (fainting) or pre-syncope episodes (feeling like you might faint)
- Vertigo or dizziness
- Numbness or tingling sensations
- Tinnitus (ringing in one or both ears)
- Photophobia (light sensitivity)

- Intolerance to noise, motion, multiple sensory input ("overload" phenomenon)

EQUILIBRIUM/PERCEPTION

- 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
- Feeling too disoriented to drive

SLEEP

- Sleep disturbance: unrefreshing or non-restorative sleep
- Hypersomnia (excessive sleeping)
- Hyposomnia (not enough sleep)
- Difficulty falling asleep
- Difficulty staying asleep (frequent awakenings)
- Vivid or disturbing dreams or nightmares
- Altered sleep/wake schedule (alertness/energy best late at night)

COGNITIVE

- Difficulty with simple calculations (e.g., balancing checkbook)
- Word-finding difficulty
- Saying the wrong word
- Difficulty expressing ideas in words
- 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
 - Poor judgment
 - Difficulty making decisions
 - Difficulty following simple written instructions
 - Difficulty following complicated written instructions
 - Difficulty following simple oral (spoken) instructions
 - Difficulty following complicated oral (spoken) instructions
 - 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
- MOOD/EMOTIONS
- Depressed mood
 - Suicidal thoughts
 - Suicide attempt(s)
 - Feeling worthless
 - Frequent crying
 - Feeling helpless and/or hopeless
 - Inability to enjoy previously enjoyed activities
 - Increased appetite
 - Decreased appetite
 - Anxiety or fear with 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
- OTHER: