

# **FiRST**

## **Fibromyalgia Rapid Screening Tool**

### **Version 1.0**



# **Scaling and Scoring**

## **Version 1.0: March 2011**



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The Fibromyalgia Rapid Screening Tool is composed of six items investigating one domain.

## Domains and Clusters

Domains	Number of Items	Cluster of Items	Item reversion	Direction of Domains
Unidirectional score	6	1-6	No	Lower score = better QoL

## Scoring of Domains

<b>Item scaling</b>	Dichotomous (Yes/No) response options
<b>Weighting of items</b>	No
<b>Range of scores</b>	Total score ranges from 0 to 6
<b>Scoring Procedure</b>	<ul style="list-style-type: none"> <li>- For each item, a score of 1 is given when the response is "Yes" and a score of 0 is given if the response is "No"</li> <li>- The total score is obtained by adding the score for each of the six items</li> <li>- The cut-off value is a total score of 5/6</li> </ul>
<b>Interpretation and Analysis of missing data</b>	Missing data for one item is scored as 0

## REFERENCE(S):

Perrot S, Bouhassira D, Fermanian J. Development and validation of the Fibromyalgia Rapid Screening Tool (FiRST). Pain. 2010 Aug;150(2):250-6

## QUESTIONNAIRE FiRST

**Vous souffrez de douleurs articulaires, musculaires ou tendineuses depuis au moins 3 mois. Merci de répondre à ce questionnaire, pour aider votre médecin à mieux analyser votre douleur et vos symptômes.**

**Compléter ce questionnaire en répondant par oui ou par non (1 seule réponse OUI ou NON) à chacune des questions suivantes : mettez une croix dans la case correspondant à votre réponse.**

	oui	non
<b>Mes douleurs sont localisées partout dans tout mon corps.</b>		
<b>Mes douleurs s'accompagnent d'une fatigue générale permanente et très gênante.</b>		
<b>Mes douleurs sont comme des brûlures, des décharges électriques ou des crampes.</b>		
<b>Mes douleurs s'accompagnent d'autres sensations anormales, comme des fourmillements, des picotements, ou des sensations d'engourdissement, dans tout mon corps.</b>		
<b>Mes douleurs s'accompagnent d'autres problèmes de santé comme des problèmes digestifs, des problèmes urinaires, des maux de tête, ou des impatiences dans les jambes.</b>		
<b>Mes douleurs ont un retentissement important dans ma vie : en particulier, sur mon sommeil, ma capacité à me concentrer avec une impression de fonctionner au ralenti.</b>		

## The Fibromyalgia Rapid Screening Tool (FIRST)

You have been suffering from joint, muscle or tendon pain for the past 3 months at least. Please answer this questionnaire in order to help your doctor evaluate your pain and symptoms more effectively.

Please fill in this questionnaire by answering either yes or no (only 1 answer: YES or NO) to each of the following statements. Put a tick in the box that corresponds to your answer.

	Yes	No
I have pain all over my body.		
My pain is accompanied by a continuous and very unpleasant general fatigue.		
My pain feels like burns, electric shocks or cramps.		
My pain is accompanied by other unusual sensations throughout my body such as pins and needles, tingling or numbness.		
My pain is accompanied by other health problems such as digestive problems, urinary problems, headaches or restless legs.		
My pain has a significant impact on my life, particularly on my sleep and my ability to concentrate, making me feel slower generally.		

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