### Perceived Physical Function Levels of Women with Fibromyalgia

#### Introduction
Fibromyalgia (FM) is a common, complex, chronic pain syndrome. According to the American College of Rheumatology (2016) criteria, fibromyalgia is defined as a pervasive pain condition with women affecting in distant discomfort to more severe pain. Although the pathogenesis of FM remains incompletely understood, it is characterized by pervasive pain in women with fatigue, cognitive impairment, sleep disturbance, and other symptoms. The prevalence of FM is estimated to be 2% to 5% in women, with a higher prevalence in racial minorities and those with a personal or family history of FM.

#### Methods
Participants
The sample (1735 women ages 31-78 years) diagnosed with FM was obtained from sending an online invitation (e-mail) to the 27,000 people signed up for the National Fibromyalgia Association (NFA) website. All women agreeing to participate in the study had to respond “YES” after reading a consent form.

The majority of women with FM reported that they had difficulty doing several tasks associated with staying physically independent. If fact, the average woman in this study had less functional ability related to ADLs and doing household tasks, lifting or carrying 25 lbs, and doing strenuous activities.

#### Results
Challenges of the 1735 women in the NFA study who had complete data in age and physical function are shown in Table 1. Most women with FM (mean age ± 47 ± 10 years) scored in the low functioning range (77%), with 21% moderately and 1% advanced functioning. Individual item analysis showed that 30% of women with FM had difficulty doing heavy household tasks, lifting or carrying 25 lbs, and doing strenuous activities.

#### Conclusion
The majority of women with FM reported that they had difficulty doing several tasks associated with staying physically independent. If fact, the average woman in this study had less functional ability related to ADLs and doing household tasks, lifting or carrying 25 lbs, and doing strenuous activities. If fact, the average woman in this study had less functional ability related to ADLs and doing several tasks associated with staying physically independent. If fact, the average woman in this study had less functional ability related to ADLs and doing household tasks, lifting or carrying 25 lbs, and doing strenuous activities.

#### Table 1: Sample Characteristics (N = 1735)

<table>
<thead>
<tr>
<th>Age in years</th>
<th>Mean ± SD</th>
<th>47 ± 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Educational level</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never married</td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Indian/Alaskan Native</td>
<td></td>
<td></td>
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<tr>
<td>Asian/Pacific Islander</td>
<td></td>
<td></td>
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<tr>
<td>Hispanic</td>
<td></td>
<td></td>
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<tr>
<td>Basal metabolic index</td>
<td></td>
<td></td>
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<tr>
<td>Total physical activity score</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical activity levels</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low (≤ 6,240 kcal/week)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium (6,241–12,480 kcal/week)</td>
<td></td>
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<tr>
<td>High (≥ 12,481 kcal/week)</td>
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</tbody>
</table>

#### References

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### Table 2: Ability to Carry out Specific Physical Activities by Women with FM (N=1735)

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>% Can Do</th>
<th>% Cannot</th>
<th>% Can Do with Some Difficulty</th>
<th>% Cannot with Some Difficulty</th>
<th>% Cannot at All</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do own shopping for groceries or clothes</td>
<td>78.3</td>
<td>21.7</td>
<td>1.4</td>
<td>0.1</td>
<td>0.0</td>
</tr>
<tr>
<td>Do light household activities</td>
<td>79.2</td>
<td>20.8</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Do moderate household activities (e.g., medium-to-large suitcase)</td>
<td>65.6</td>
<td>33.7</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Do heavy household activities</td>
<td>42.4</td>
<td>57.6</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Lift or carry 10 pounds</td>
<td>86.2</td>
<td>13.8</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Lift or carry 25 pounds</td>
<td>70.0</td>
<td>30.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Walk ½ mile</td>
<td>84.6</td>
<td>15.4</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Climb up/down 1 flight of stairs</td>
<td>27.4</td>
<td>72.6</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Do strenuous activities (e.g., hiking, calisthenics, strenuous activities)</td>
<td>24.9</td>
<td>75.1</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
</tbody>
</table>

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#### Abstract

**PURPOSE:** To determine perceived physical function levels of women with fibromyalgia (FM).

**METHODS:** Data for this study (N=1735 women ages 31-78 years) was obtained from sending an online invitation (e-mail) to the 27,000 people signed up for the National Fibromyalgia Association (NFA) website. All women agreeing to participate in the study had to respond “YES” after reading a consent form.

**RESULTS:** Most women with FM (mean age ± 47 ± 10 years) scored in the low functioning range (77%), with 21% moderately and 1% advanced functioning. Individual item analysis showed that 30% of women with FM had difficulty doing heavy household tasks, lifting or carrying 25 lbs, and doing strenuous activities.

**CONCLUSION:** The majority of women with FM reported that they had difficulty doing several tasks associated with staying physically independent. If fact, the average woman in this study had less functional ability related to ADLs and doing household tasks, lifting or carrying 25 lbs, and doing strenuous activities.

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#### Table 1: Sample Characteristics (N = 1735)

**Age in years**
- Mean ± SD: 47 ± 10

**Sex**
- Female: 96.6%
- Male: 3.4%

**Marital status**
- Never married: 42.7%
- Married: 26.7%
- Divorced/Separated: 19.0%
- Widowed: 13.6%

**Height (cm)**
- Mean ± SD: 164.0 ± 7.2

**Weight (kg)**
- Mean ± SD: 67.8 ± 15.6

**Body Mass Index**
- Mean ± SD: 27.4 ± 5.0

**Smoking status**
- Current smoker: 8.7%
- Former smoker: 15.8%
- Never smoker: 75.5%

**Physical activity level**
- Low (≤ 6,240 kcal/week): 27.1%
- Medium (6,241–12,480 kcal/week): 26.7%
- High (≥ 12,481 kcal/week): 46.2%

**Total physical activity score**
- Mean ± SD: 21.9 ± 4.9

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- Low (≤ 6,240 kcal/week): 27.1%
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**Total physical activity score**
- Mean ± SD: 21.9 ± 4.9

**Rheumatic disease**
- Osteoarthritis: 45.1%
- Rheumatoid arthritis: 27.4%
- Other: 27.5%

**Data-Analysis**
- Descriptive statistics were used to describe sample demographics and key variables. The purpose of descriptive analysis was to characterize the participants and define anemic sub-sets who could perform all 12-items with no difficulty.

**Conclusion**
- The majority of women with FM reported that they had difficulty doing several tasks associated with staying physically independent.