



Fibromyalgia Syndrome Impact Questionnaire

by Arkansoft

"Special software for special needs"

The Fibromyalgia Impact Questionnaire was created by
Burckhardt, C.S., Clark, S.R., Bennett, R.M.
The fibromyalgia impact questionnaire (FIQ): development and validation.
J Rheumatol. 18:728-733, 1991.

This Fibromyalgia Syndrome Impact Questionnaire program is intended only as a helpful tool for tracking your answers to the questions posed. It is not intended to substitute for the advice, diagnosis or treatment by health care professionals. Users should always consult their physician or other qualified health care professional for medical advice and treatment. Results obtained from this program should not be used as a substitute for the medical advice or services of your health care providers.

Fibromyalgia Syndrome Impact Questionnaire

Version 1.0

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By completing the fibromyalgia syndrome impact questionnaire repeatedly over time, the FMS software for the handheld computer can generate a graph that allows the user to track the level and progress of the syndrome.

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Installing the Software

For Palm OS handheld computers, simply install the Fibromyalgia.PRC file onto the handheld by your usual method, using the handheld's desktop computer install tool.

For PocketPC handheld computers, running the setup.exe program will install the software onto the handheld computer and create a FMS Impact program group on your desktop computer's Windows Start/Programs button to let you read the user's manual and, if desired, uninstall the software later.

Uninstalling the Software

On Palm OS handheld computers, select Delete from the drop down "top menu" on your handheld's main menu, then locate and highlight FMS Impact on the list of programs installed on your device. Then select Delete at the bottom of the screen.

On PocketPCs, put the handheld onto its ActiveSync cradle, then select Uninstall from the FMS Impact program group on your desktop computer's Windows Start/Programs button.

Registering the Software

You must purchase a registration key that will let you convert the trial version of FMS Impact to the unlimited registered version. When you make your purchase, you will need to provide your device HotSync Name (for Palm OS devices) or your device Owner Name (for PocketPC devices).

Finding your Palm OS HotSync Name:

If you don't know your device's exact HotSync name, tap the HotSync icon on the handheld computer. Your HotSync name is shown in the upper right corner of the HotSync Screen. The text of the HotSync Name must be sent to us EXACTLY as it appears on your device. Capitalization counts. Spaces count.

Finding your PocketPC Owner Name:

The device Owner Name is shown on the PocketPC "Main Menu" (Today Screen), near the top of the screen, under the date and to the right of the text "Owner:" The text of the Owner Name must be sent to us EXACTLY as it appears on your device. Capitalization counts. Spaces count.

Once you receive your registration key, start the software on your handheld device. At the bottom of the opening "Trial" screen, select the [Register] button.

On the registration screen, use the number buttons on the screen to enter your registration key, then tap the [Submit Registration] button at the bottom of the screen. If you entered the valid key for your device correctly, you'll receive a "registration successful" notice.

If you get an error message, perhaps you entered the registration key incorrectly. If so, clear the error message then select the [Reset] button and try your key again. If you did enter the key correctly and still receive an error message, it means you

provided an incorrect device name at time of purchase. In order for Arkansoft to generate the correct key for your device, you will need to do the following:

- When the "invalid code" message appears, tap the [Help] button in the lower right corner of the screen.
- On the next message screen, copy down and e-mail to sales@arkansoft.com the EXACT code as it appears in the message. It will be something like L-112-98-125-108...etc.

Using the Software

The FMS Impact software is very to use. If you are using the software in "Trial Mode", just select the [Try It] button when the trial screen appears.

The first time you start FMS Impact, you'll need to read the disclaimer that appears then select the acceptance button at the bottom of the screen.

When the program start screen appears, it will show any records currently stored in the program database. Records are stored by date in year-month-day-time order.

To the extreme right of the records list are the questionnaire scores for each date. On color devices, lower level scores appear in green, mid-range scores appear in blue, and higher scores appear in red/bold font.

When more records exist than can fit on the screen at once, a scroll bar on the right side of the screen lets you scroll to locate records hidden from view. On Palm OS devices, you can also use the device up/down hardware buttons to scroll the list.

FMS Impact Questionnaire		
Date, Time, and Score		
2004-05-01 at 12:28:26	74	i
2004-05-08 at 12:29:51	81	i
2004-05-15 at 12:30:32	59	i
2004-05-22 at 12:31:19	51	i
2004-05-29 at 12:32:00	50	i
2004-06-05 at 12:32:43	36	i
2004-06-12 at 12:33:53	42	i

FMS Impact Questionnaire		
Date, Time, and Score		
2004-03-20 at 12:34:42	50	i
2004-03-27 at 12:35:12	46	i
2004-04-03 at 12:24:52	48	i
2004-04-10 at 12:25:46	53	i
2004-04-17 at 12:26:37	51	i
2004-04-24 at 12:27:19	61	i
2004-05-01 at 12:28:26	74	i


This was an average week. Went about most activities routinely. I didn't engage in any unusual or

To see the "notes" you entered for any record on the list, locate the record you want to view, then select it on the record list to "highlight" the record. Any notes associated with the highlighted record will appear in the lower area of the screen.

Spread around the program in many places are little **i** "i" information buttons. Selecting these information buttons will pop up simple context-sensitive help about the object (button, text box, etc.) nearest the information button.

If you wish, these little info buttons can be hidden via "Prefs" on the program menu. See information on using the program menus later in this manual.

Entering New Records

To enter a new questionnaire record into the program database, select the "blank page" button  near the top, right side on the program's main screen. This will bring up a new,

blank questionnaire ready for you to fill in.

The first page of the questionnaire consists of a series of questions you will answer, regarding your activities of the last week. To answer a question, select a “radio button” beside the question, based on the column headings “A U S N” at the top of the columns of buttons. The column headings identify the following answers:

A = Always
U = Usually
S = Sometimes
N = Never

For example, if you were usually able to prepare meals last week, select the blank circle beside “Prepare meals” under the “U” column.

If you want to change an answer, just mark the new answer and the previous answer will be replaced by the new one.

You can “turn off” any questions on this page of the questionnaire that don’t apply to you. For instance, if you never hand wash dishes, just mark the checkbox to the extreme right of that question on the list. The program will no longer expect an answer for this question. Turn off as many questions as you need to, as long as you answer at least one. To turn a question back on, just clear its checkbox. The program will remember questions you turn off, and they will still be turned off next time you use the program.


NOTE: In order to get all necessary information on the small handheld screen, the radio buttons must be small. If you think you are tapping your device stylus in the center of the radio buttons, but the buttons are not changing from “off” to “on”, you may need to recalibrate your device to more accurately reflect your stylus taps.


On a Palm OS device, run the “Prefs” application from the device main screen. Then drop down the selector in the upper right corner of the Preferences screen and select Digitizer.



On a PocketPC, select the Start button then Settings. Then on the System Tab select Screen then Align Screen.

After answering all questions on Questionnaire Page 1, select the “next” button in the upper right corner of the screen. This brings up page two of the questionnaire.

Page 2 asks a couple of questions related to how you felt last week. Just mark the number buttons to enter your answer. You can change to a different number if you change your mind.

NOTE: Just select the  “previous page” button in the upper right corner of the screen if you need to go back one page to make changes.

After answering all questions on Questionnaire Page 2, select the  “next” button in the upper right corner of the screen. This brings up page three of the questionnaire.

Questionnaire Page 3 of 5  

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

1 2 3 4 5 6 7 8 9 10
 <- No problem Great difficulty ->

How bad has your pain been?

1 2 3 4 5 6 7 8 9 10
 <- No pain Very severe pain ->

On page three, and remaining pages of the questionnaire, you will give responses that rate, on a scale of 1 to 10, your answer to each question. Below the scale for each question you’ll find how each scale is defined, for instance with “No problem” being the lower end of the scale and “Great difficulty” being at the high end.

Continue in like manner to respond to questions on pages four and five of the questionnaire. When you select the “next page” button in the upper right corner of page five, you’ll be taken to the questionnaire results page.

On the results page, you’ll see the score calculated for the current questionnaire.

Optionally, you can enter notes for this day’s questionnaire before saving it. (You can save more than one questionnaire on the same desire if needed.)

To save this questionnaire into the program database for future reference, select the [Save This Result] button. To discard it without saving, select [Discard This Result].

FMS Questionnaire Result

Score, this questionnaire: 36

Notes on today’s questionnaire:

.....

.....

.....


.....

Save This Result

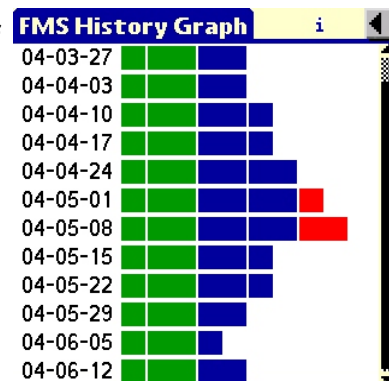
Discard This Result

After making a button selection on the result screen you’re returned to the program main screen.


Graphing Your Questionnaire Results

Select the  graph button in the middle, extreme right side of the program main screen to see a graphic representation of all your saved questionnaire results over time. The graph is ordered by date, with older results at the top and more recent results at the bottom. When you arrive at the graph, the most recent 12 results will be displayed. If older results are hidden from view, use the scroll bar to scroll up to see more.

Scores display on color devices to help indicate the level of the scores at a glance. Bars ending in the green zone signify lower range scores. Bars of mid-range scores end in the blue zone, and bars of higher-range scores end in the red zone.



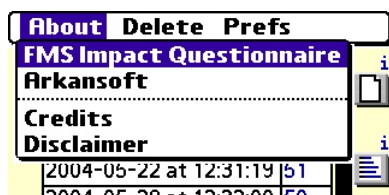
Deleting Records

You can individual records from the program database by selecting, on the records list of the main screen, the record you want to remove. Then select the  trash can button.

You can also remove all records within a date range you specify using the date range delete function on the program menu, as described later in this manual.

Using the Program Menus

Menus offering various utility functions are available on most program screens. On Palm OS devices, these menus are opened by tapping the “title bar” at the top of the program screen. On PocketPC devices, these menus are already visible, along the bottom left of each program screen that offers a menu.



The program main screen offers three menu selections: About, Delete, and Prefs. Most other program screens offer similar menu selections.

Select the **About menu** to get version information about FMS Impact, or to find out about Arkansoft Software, or to see impact questionnaire credits or the program disclaimer.

Selecting “**Delete range**” from the Delete menu allows you to remove all records within a specified date range in just a few quick steps. Tap the two [Select] buttons to indicate the beginning and ending dates over which you wish to remove records. Date selectors will appear that let you select month, day and year for each end of the range.

After selecting your date range, select the button at the bottom of the screen to remove all records in the range specified.

You can display or hide the tiny “i” information buttons in the program using the **Prefs menu**.



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