

# Assessing Health and Wellbeing of Individuals with or without a Fibromyalgia Diagnosis: Evidence from the PACFiND Study

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## ABSTRACT

**Objective** This study aims to explore determinants of health status and wellbeing of individuals who have and have not received a diagnosis of fibromyalgia.

**Methods** A cross-sectional survey was conducted with people who had a fibromyalgia diagnosis, who was not diagnosed but met criteria for fibromyalgia, and who had pain that is not associated with fibromyalgia. The sample is selected from participants of a previous population survey in Scotland and responses are collected through a postal questionnaire. EQ-5D-5L and ICECAP-A survey questions are utilized for measurement of health and wellbeing levels of participants. Generalized linear models and Quantile regressions are used for empirical analysis.

**Results** Findings reveal that there are no significant differences in average health statuses and wellbeing levels of individuals who have a diagnosis of fibromyalgia and who met the criteria for fibromyalgia without a diagnosis. However, individuals with other type of pain report higher average health and wellbeing indicators compared to those with fibromyalgia related diagnosis or symptoms. Participants who are unemployed due to an illness consistently report lower health and wellbeing. Single report significantly lower wellbeing. The Glasgow effect is observed in health and wellbeing measures of this sample. Frequent hospital visits are associated with lower health and wellbeing levels.

**Conclusion** Regardless of diagnosis status, individuals with fibromyalgia symptoms display similar health-related quality of life and wellbeing levels. Having a diagnosis of fibromyalgia would not improve health and wellbeing of patients. Health services should primarily focus on improving quality of life for individuals with FM symptoms rather than achieving a quicker diagnosis.