

Headache Questionnaire

Name: _____ DOB: _____ Date: _____

Where do you feel your headaches? _____

How would you describe the pain you feel with headaches? _____

What symptoms do you experience with your headaches? Check all that apply:

Nausea Vomiting Visual Disturbances Altered Hearing Ringing in ears

Loss of balance None Other: _____

I have a headache: 1 per month More than 1 but less than 4 monthly More than 1 weekly

My headaches are: Mild Moderate Severe

What time of day are you most likely to get a headache? Morning Mid-day Evening

Mark a 'x' in the appropriate box

	Yes	Sometimes	No
Because of my headaches, I feel handicapped.			
Because of my headaches, I feel restricted in performing my routine daily activities.			
No one understands the effect my headaches have on my life.			
I restrict my recreational activities because of my headaches.			
My headaches make me angry.			
Sometimes I feel I am going to lose control because of my headaches.			
Because of my headaches, I am less likely to socialize.			
My spouse, or family and friends have no idea what I am going through because of my headaches.			
My headaches are so bad I feel I am going insane.			
My outlook of the world is affected by my headaches.			
I am afraid to go outside when I feel a headache starting.			
I feel depressed because of my headaches.			
I am concerned I am paying penalties at work and home because of my headaches.			
My headaches place stress on my relationships with family and friends.			
I avoid being around people when I have a headache.			
I believe my headaches are making it difficult for me to achieve my goals in life.			
I am unable to think clearly because of my headaches.			
I get tense because of my headaches.			
I do not enjoy social gatherings because of my headaches.			
I feel irritable because of my headaches.			
I avoid traveling because of my headaches.			
My headaches make me feel confused.			
My headaches make me feel frustrated.			
I find it difficult to read because of my headaches.			
I find it difficult to focus my attention away from my headaches and on other things.			