



MIGRAINE QUESTIONARRE

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Name _____ Age _____ Sex _____ D.O.B. _____

Marital status: Married _____ Single _____ Divorced _____ widow _____

Occupation _____

How many migraine Headaches you experience each month _____ on average.

How many regular Headaches you experience each month _____ on average.

How long does your margarine headache last: Check one?

- a) No more than two hours.
- b) Three to four hours.
- c) 5-12 hours.
- d) 12-24 hours.
- e) Several days.
- f) Week or longer.

1. Do you have generalized discomfort or occasional headache to pinpoint?

- a) Never / don't know
- b) Occasional moderate discomfort
- c) Frequent moderate discomfort
- d) Occasional severe pain
- e) Frequent severe pain

2. Do you suffer from headaches?

- a) I never get headaches
- b) It seems as though I have a headache every day
- c) I sometimes get a headache, never more than 2 or 3 times a month .
- d) I suffer from more than 2-3 times a month headaches.

3. Do these headaches interfere with your ability to perform your daily tasks?

- a) Headaches never interfere with my life
- b) These headaches bother me, but I can grin and bear it, and continue through the day.
- c) My headaches are so bad that I have to stop what I'm doing to go and lie down in a quiet room.

4. Where does your head hurt?

- a) I cannot pinpoint exactly where it is painful.
- b) My whole head feels as though it is gripped in a vice.
- c) Only one side of my head is hurting.
- d) If yes explain: Right or left.

5. How would you best describe your headache?

- a) Dull, constant pain.
- b) Severe throbbing pain that feels as though your heart is pounding inside your head.
- c) Throbbing pain like hammer are striking.

6. Do any of the following symptoms coincide with your headache?

- a) Neck pain.
- b) Normally, I only have the headache on its own.
- c) Nausea or vomiting.
- d) Sensitivity to light or noise

7. Do you ever experience any warning signs before you get a headache?

- a) No, my headache builds up gradually.
- b) If I get nightmares, they are usually followed by headaches the next day.
- c) I sometimes see flashing lights, dark spots or wavy lines before my eyes and then I know the pain will arrive soon.

8. Have you ever thought your headache was brought on by one of the following?

- a) Change of seasons.
- b) Any form of stressful event.
- c) Chocolates, coffee or red wine (not a hangover).
- d) None of the above.

9. Do you have sensitivity to light?

- a) Yes
- b) No.
- c) Never.

10. Have you ever noticed a relationship between your menstrual cycle and your headache?

- a) Sometimes my headaches coincide with my menstrual period, but I don't consider it a pattern, since I often have headaches outside my menstrual period
- b) No
- c) My headaches always occur 3 days before, or during my menstrual period.
- d) Does not apply to me.

11. My headache is related to my emotional status.

- a) I only get headaches when I am depressed.
- b) I get depressed more due to the fact that I constantly have headaches.
- c) My PMS mood swings trigger the headache

12. Have you ever been diagnosed as suffering from migraine?

- a) No.
- b) Yes.
- c) I m unsure.