

Headache Disability Index © Please read carefully:

Name: _____

Date: _____

The purpose of the scale is to identify difficulties that you may be experiencing because of your headache. Please check off "YES", "SOMETIMES", or "NO" to each item. Answer each question as it pertains to your headache only.

1. I have headache: (1) 1 per month (2) more than 1 but less than 4 per month (3) more than one per week

2. My headache is: (1) Mild (2) Moderate (3) Severe

		YES	SOME TIMES	NO
E1	Because of my headaches I feel handicapped.			
F2	Because of my headaches I feel restricted in performing my routine daily activities.			
E3	No one understands the effect my headaches have on my life.			
F4	I restrict my recreational activities (e.g. Sports, hobbies) because of my headaches.			
E5	My headaches make me angry.			
E6	Sometimes I feel that I am going to lose control of my headaches.			
F7	Because of my headaches I am less likely to socialize.			
E8	My spouse (significant other), or family and friends have no idea what I am going through because of my headaches			
E9	My headaches are so bad that I feel that I am going to go insane.			
E10	My outlook on the world is affected by my headaches.			
E11	I am afraid to go outside when I feel that a headache is starting.			
E12	I feel desperate because of my headaches.			
F13	I am concerned that I am paying penalties at work or home because of my headaches.			
E14	My headaches place stress on my relationships with family or friends.			
F15	I avoid being around people when I have a headache.			
F16	I believe my headaches are making it difficult for me to achieve my goals in life.			
F17	I am unable to think clearly because of my headaches			
F18	I get tense (e.g. Muscle tension) because of my headaches			
F19	I do not enjoy social gatherings because of my headaches.			
E20	I feel irritable because of my headaches			
F21	I avoid traveling because of my headaches.			
E22	My headaches make me feel confused.			
E23	My headaches make me feel frustrated.			
F24	I find it difficult to read because of my headaches.			
F25	I find it difficult to focus my attention away from my headaches and on other things			

Scores: E: _____ F: _____ Total: _____