

Patient Name _____ Date _____ Score E: ___ F: ___ Total: ___

Headache Disability index

Instructions: Please circle the correct response:

1. I have headaches: [1] 1 per month [2] more than 1 but less than 4 per month [3] more than 1 per week
2. My headache is: [1] mild [2] moderate [3] severe

	YES	SOMETIMES	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 because 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 I am going 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 at home because of my headaches.			
E14. My headaches place stress on my relationship 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 makes 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 to other things.			

Comments: _____
