



Questionnaire about the Characteristics of Headaches

1. How old were you when the headache occurred for the first time? _____

2. How often do you have headache attacks?
 - a) < once a month
 - b) 1 to 14 days per month
 - c) > 14 days per month
 - d) _____

3. My headaches last:
 - a) Less than half an hour
 - b) 4 hours to 3 days
 - c) From half an hour to several days, 7 days the longest
 - d) More than 7 days

4. My headaches are located:
 - a) On one side of the head – with occasional change of side
 - b) Always on one side
 - c) On both sides
 - d) All around the head
 - e) _____

5. The intensity of the pain is: (from 1 to 10)
 - a) Mild (1-3)
 - b) Moderate (4-6)
 - c) Severe (7-10)
 - d) Insufferable

6. The quality of the pain you experience is:
 - a) Pulsating
 - b) Pressing or tightening
 - c) _____

7. Do your headaches worsen after physical activities such as walking or staircase climbing?
 - a) Yes
 - b) No

8. Do you avoid routine physical activities because you are afraid they might trigger your headache?
 - a) Yes
 - b) No

9. Are the headaches accompanied by?
 - a) Nausea
 - 1) Yes
 - 2) No
 - b) Vomiting
 - 1) Yes
 - 2) No
 - c) Photophobia (light sensitivity)
 - 1) Yes
 - 2) No
 - d) Phonophobia (noise sensitivity)

10. Do you have temporary visual, sensory or speech disturbance?

- a) Yes
- b) No

11. Do you, during a headache attack, have tension and/or heightened tenderness of head or neck muscles?

- a) Yes
- b) No

12. Do you have any body numbness or weakness?

- a) Yes
- b) No

13. Do you have any indications of oncoming headache?

- a) Yes, _____
- b) No, none

14. Headache is usually triggered by:

- a) Certain foods, most commonly _____
- b) Certain drinks, most commonly _____
- c) Stress
- d) Fatigue
- e) Strong odors
- f) Changes in atmospheric pressure
- g) Menstrual periods
- h) _____

15. In the half or my visual field, lasting 5 minutes to an hour, along with the headache attack or an hour before one, there are following symptoms:

- a) Blinking lights, spots or lines
- b) Loss of sight
- c) No symptoms

16. Along with the headache attack or an hour before one I have following sensory symptoms, lasting 5 minutes up to an hour:

- a) A prickling sensation
- b) Numbness
- c) No symptoms

17. Headache usually occurs (only for female respondents):

- a) 3 to 7 days before menstrual period
- b) 2 days before and 3 days during the menstrual period
- c) Unrelated to menstrual period
- d) _____

18. Headache usually occurs (only for female respondents):

- a) Only during menstrual period
- b) During menstrual period but at other times as well
- c) Unrelated to menstrual period