

Name: _____ Date _____ Scores Total _____; E _____; F _____
 (100) (52) (48)

HEADACHE DISABILITY INDEX

INSTRUCTIONS: Please **CIRCLE** the correct responses:

1. I have headaches: {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

INSTRUCTIONS: **PLEASE READ CAREFULLY:** The purpose of the scale is to identify difficulties that you may be experiencing because of your headache. Please check of "YES", "SOMETIMES", or "NO" to each item. Answer Each item as it pertains to your headaches only.

	YES	SOMETIMES	NO
E1. Because of my headaches, I feel handicapped.			
F2. Because of my headaches, I feel restricted in performing in my daily activities.			
E3. No one understands the effect my headaches have on my life.			
F4. I restrict my recreational activities because of my headaches.			
E5. My headaches make me angry.			
E6. Sometimes I feel 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 I feel 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 a headache starting.			
E12. I feel desperate because of my headaches.			
F13. I feel I am paying penalties at work/home because of my headaches.			
E14. My headaches place stress on my relationships with family and friends.			
F15. I believe my headaches are making it difficult for me to achieve my goals in life.			
F16. I avoid being around people when I have a headache.			
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.			