HEADACHE DISABILITY INDEX

Name:	DATE:	Age:	Score	S TOTAI	_:	; E; F	(48)
INSTRUCTIONS: Please CIRCLE the correct response:							
1. I have headache: [1] 1 per month 2. My headache is: [1] mild	[2] more than but [2] moderate	less than 4 per	r month	[3] more [3] seve		ne per week.	
INSTRUCTIONS: PLEASE READ CAREFULLY: 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 item as it pertains to your headache only.							
E4 December of your breadeshee lifest be					YES	SOMETIMES	NO
E1. Because of my headaches I feel ha							
F2. Because of my headaches I feel re activities.	estricted in perform	ming my routir	ne daily				
E3. No one understands the effect my	headaches have	on my life.					
F4. I restrict my recreational activities headaches	(e.g. sports, hobi	oies) because	of my				
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 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 is starting.							
E12. I feel desperate because of my headaches.							
F13. I am concerned that I am paying headaches.	penalties at work	or at home be	cause of n	ny			
E14. My headaches place stress on m	y relationships wi	ith family or fri	iends.				
F15. I avoid being around people whe	n I have a headac	he.					
F16. I believe my headaches are making	ng it difficult for n	ne to achieve r	ny goals i	n life.			
F17. I am unable to think clearly becau	use of my headac	hes.					
F18. I get tense (e.g. muscle tension) I	because of my he	adaches.					
F19. I do not enjoy social gatherings b	pecause of my hea	adaches.					
E20. I feel irritable because of my head	daches.						
F21. I avoid traveling because of my h	eadaches.						1
E22. My headaches make me feel con	fused.						<u> </u>
E23. My headaches make me feel frus	trated.						1

F24. I find it difficult to read because of my headaches.

things.

F25. I find it difficult to focus my attention away from my headaches and on other