

DYNAMIC HEALTH INSTITUTE

HEADACHE DISABILITY INDEX

Name _____ Today's Date ___/___/___ Scores _____ E _____ F _____
(100) (52) (48)

Please mark the correct response:

I have a headache: _____ 1X per month _____ 2-4 X per month _____ More than 1X per week _____ Daily

My heads typically are: _____ mild _____ moderate _____ severe

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.

		Yes	Sometimes	No
E1	Because of my headaches I feel handicapped.			
F2	Because of my headaches I feel restricted in performing routine daily activities.			
E3	No one understands the effect my headaches have on my life.			
F4	I restrict recreational activities (sports, hobbies) because of 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'm going through because of my headaches.			
E9	My headaches are so bad that I think 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 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 make it difficult to achieve my goals in life.			
F17	I am unable to think clearly because of my headaches.			
F18	I get tense (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.			

Jackson GP, Ramadan NM, et al. The Henry Ford Hospital headache disability inventory (HDI). Neurology 1994; 44:837-842.