



Headache Impact Test (HIT-6)

Headache Impact Test (HIT-6) questionnaire was designed to help you describe and communicate the way you feel and what you cannot do because of headaches.

To complete, please circle one answer for each question.

- 1. When you have headaches, how often is the pain severe?
 never rarely sometimes very often always
- 2. How often do headaches limit your ability to do usual daily activities including household work, work, school or social activities?
 never rarely sometimes very often always
- 3. When you have a headache, how often do you wish you could lie down?
 never rarely sometimes very often always
- 4. In the past four weeks, how often have you felt too tired to do work or daily activities because of your headaches?
 never rarely sometimes very often always
- 5. In the past four weeks, how often have you felt fed up or irritated because of your headaches?
 never rarely sometimes very often always
- 6. In the past four weeks, how often did headaches limit your ability to concentrate on work or daily activities?
 never rarely sometimes very often always

<input style="width: 40px; height: 40px;" type="text"/>	+	<input style="width: 40px; height: 40px;" type="text"/>	+	<input style="width: 40px; height: 40px;" type="text"/>	+	<input style="width: 40px; height: 40px;" type="text"/>	+	<input style="width: 40px; height: 40px;" type="text"/>
NEVER 6 points each		RARELY 8 points each		SOMETIMES 10 points each		VERY OFTEN 11 points each		ALWAYS 13 points each

To score, add points for answers in each severity rating.
 You should share your results with your doctor. Headaches that stop you from enjoying the important things in life, like family, work, school or social activities could be migraine.

Higher scores indicate a greater impact on your life
 Score range 36-78

**TOTAL
SCORE**

Reference:
 Yang M, Rendas-Baum R, Varon SF, Kosinski M. Validation of the Headache Impact Test (HIT-6™) across episodic and chronic migraine. *Cephalalgia*. 2011;31(3):357-367. doi:10.1177/0333102410379890.