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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	To	complete,	please circle	one answer for	each question.
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When you ha	ve headaches, hov	v often is the pain sev	vere?					
ever	rarely	sometimes	very often	always				
		or social activities?	•	ncluding always				
When you ha	ve a headache, ho	w often do vou wish	vou could lie dowr	n?				
ever	rarely	sometimes	very often	always				
•		sen have you felt too	tired to do work or very often	daily activities				
5. In the past four weeks, how often have you felt fed up or irritated because of your headaches?								
ever	rarely	sometimes	very often	always				
-		en did headaches lim	it your ability to co	oncentrate on				
ever	rarely	sometimes	very often	always				
+ VER pints each	RARELY 8 points each	+ SOMETIMES 10 points each	VERY OFTEN II points each	ALWAYS 13 points each				
	How often de household we ever When you have ever In the past for because of your ever In the past for headaches? Ever In the past for work or daily ever	How often do headaches limit; household work, work, school ever rarely When you have a headache, however rarely In the past four weeks, how oft because of your headaches? ever rarely In the past four weeks, how oft headaches? ever rarely In the past four weeks, how oft work or daily activities? ever rarely Headaches? ever rarely Headaches? ever rarely RARELY 8 points each	How often do headaches limit your ability to do usu household work, work, school or social activities? ever rarely sometimes When you have a headache, how often do you wish ever rarely sometimes In the past four weeks, how often have you felt too because of your headaches? ever rarely sometimes In the past four weeks, how often have you felt fed theadaches? ever rarely sometimes In the past four weeks, how often have you felt fed theadaches? ever rarely sometimes In the past four weeks, how often did headaches limit work or daily activities? ever rarely sometimes ### ### ############################	How often do headaches limit your ability to do usual daily activities in household work, work, school or social activities? ever rarely sometimes very often When you have a headache, how often do you wish you could lie down ever rarely sometimes very often In the past four weeks, how often have you felt too tired to do work or because of your headaches? ever rarely sometimes very often In the past four weeks, how often have you felt fed up or irritated becaheadaches? ever rarely sometimes very often In the past four weeks, how often did headaches limit your ability to convoke or daily activities? ever rarely sometimes very often In the past four weeks, how often did headaches limit your ability to convoke or daily activities? ever rarely sometimes very often Headaches limit your ability to convoke or daily activities? ever rarely sometimes very often				

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: