

Name: _____ Date: _____



Please circle the response that best describes how you feel
and calculate the totals below.

1. When you have headaches, how often is the pain severe?

A) Never B) Rarely C) Sometimes D) Very Often E) Always

2. How often do headaches limit your ability to do usual daily activities including household work, work, school, or social activities?

A) Never B) Rarely C) Sometimes D) Very Often E) Always

3. When you have a headache, how often do you wish you could lie down?

A) Never B) Rarely C) Sometimes D) Very Often E) Always

4. In the past 4 weeks, how often have you felt too tired to do work or daily activities because of your headaches?

A) Never B) Rarely C) Sometimes D) Very Often E) Always

5. In the past 4 weeks, how often have you felt fed up or irritated because of your headaches?

A) Never B) Rarely C) Sometimes D) Very Often E) Always

6. In the past 4 weeks, how often did headaches limit your ability to concentrate on work or daily activities?

A) Never	B) Rarely	C) Sometimes	D) Very Often	E) Always
# of A's	# of B's	# of C's	# of D's	# of E's
Multiply by 6 points each	Multiply by 8 points each	Multiply by 10 points each	Multiply by 11 points each	Multiply by 13 points each
				= HIT-6 score

Bonus Questions

On a scale of 0-10, with "10" being the worst discomfort imaginable above the shoulders, and a "0" is no pain at all (you feel fabulous), how many mornings per week do you wake with a "0", that is, *you feel fabulous*? _____

On those mornings that you wake "with a number", what's the average number that you have? _____



HEADACHE IMPACT TEST™

What Does Your Score Mean?

▼ If You Scored 60 or More

Your headaches are having a very severe impact on your life. You may be experiencing disabling pain and other symptoms that are more severe than those of other headache sufferers. Don't let your headaches stop you from enjoying the important things in your life, like family, work, school or social activities.

Make an appointment **today** to discuss your HIT-6 results and your headaches with your doctor.

▼ If You Scored 56 – 59

Your headaches are having a substantial impact on your life. As a result you may be experiencing severe pain and other symptoms, causing you to miss some time from family, work, school, or social activities.

Make an appointment **today** to discuss your HIT-6 results and your headaches with your doctor.

▼ If You Scored 50 – 55

Your headaches seem to be having some impact on your life. Your headaches should not make you miss time from family, work, school, or social activities.

Make sure you discuss your HIT-6 results and your headaches at your next appointment with your doctor.

▼ If You Scored 49 or Less

Your headaches seem to be having little to no impact on your life at this time. We encourage you to take HIT-6 monthly to continue to track how your headaches affect your life.

▼ If Your Score on HIT-6 is 50 or Higher

You should share the results with your doctor. Headaches that are disrupting your life could be migraine.

Take HIT-6 with you when you visit your doctor because research shows that when doctors understand exactly how badly headaches affect the lives of their patients, they are much more likely to provide a successful treatment program, which may include medication.

HIT is also available on the Internet at www.headachetest.com.

The Internet version allows you to print out a personal report of your results as well as a special detailed version for your doctor.

Don't forget to take HIT-6 again or try the Internet version to continue to monitor your progress.

▼ About HIT

The Headache Impact Test (HIT) is a tool used to measure the impact headaches have on your ability to function on the job, at school, at home and in social situations. Your score shows you the effect that headaches have on normal daily life and your ability to function. HIT was developed by an international team of headache experts from neurology and primary care medicine in collaboration with the psychometricians who developed the SF-36® health assessment tool.

HIT is not intended to offer medical advice regarding medical diagnosis or treatment. You should talk to your healthcare provider for advice specific to your situation.

SF-36® is a registered trademark of Medical Outcomes Trust and John E. Ware, Jr.

HIT-6 Scoring Interpretation English Version 1.1

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