



HEALTH 2011

**A Survey
on Health and Functional Capacity
in Finland**

MIGRAINE



Please answer the questions by circling the number of the most appropriate alternative for each question. You may circle more than one alternative if necessary. If none of the alternatives are appropriate for you, leave the question blank and go to the next question.

Headache severity and impact

1. Has a physician ever diagnosed you with the following:

- T11_Mig_K0101 1 Migraine
 T11_Mig_K0102 2 Serial headaches (Horton's headache or cluster headache)
 T11_Mig_K0103 3 Tension-type headache (tension headache)
 T11_Mig_K0104 4 No, a physician has never diagnosed me with migraine, serial headaches or tension-type headache

T11_Mig_K02

2. Has headache interfered with or prevented you from carrying out your daily tasks, even if only for a moment?

- 1 Yes, during the past 3 months
 2 Yes, during the past year
 3 Yes, at some point in my life

T11_Mig_K03

3. How many headache attacks would you estimate you have had (mild, moderate or severe) during the past year?

- 1 None
 2 1-4
 3 5-9
 4 10-49
 5 50-99
 6 More than 100

T11_Mig_K04

4. How many headache attacks would you estimate you have had (mild, moderate or severe) in your lifetime?

- 1 None
 2 1-4
 3 5-9
 4 10-49
 5 50-99
 6 More than 100

T11_Mig_K05

5. How often do you have a headache nowadays?

- 1 Never
 2 More frequently than once a year
 3 More frequently than once a month
 4 Every week
 5 Every day

T11_Mig_K06

6. How long does the headache usually last?

- 1 Less than 1 hour
 2 1 to 4 hours
 3 4 to 24 hours
 4 1 to 3 days
 5 More than 3 days

Headache attack characteristics

7. Do any of the following descriptions match the nature of your headache, even if only occasionally?

- T11_Mig_K0701 1 One-sided (more severe on one side of the head)
 T11_Mig_K0702 2 Throbbing (i.e. beating in time with the heart)
 T11_Mig_K0703 3 Moderate or severe in strength
 T11_Mig_K0704 4 Worse when moving (e.g. when climbing stairs)

8. Is your headache ever accompanied by any of the following?

- T11_Mig_K0801 1 Feeling of sickness or nausea
 T11_Mig_K0802 2 Vomiting
 T11_Mig_K0803 3 Sensitivity to light (forcing to find a dimly lit place when a headache occurs)
 T11_Mig_K0804 4 Sensitivity to sound (forcing to find a quiet place when a headache occurs)
 T11_Mig_K0805 5 Sensitivity to smells
 T11_Mig_K0806 6 Definite feeling of dizziness ('the room is spinning')

9. Do you have any of the following symptoms immediately before or during a headache attack?

- T11_Mig_K0901 1 My vision is impaired or otherwise not normal in areas or parts of my visual field
 T11_Mig_K0902 2 There are flashing jagged edges or zig-zag patterns in my visual field
 T11_Mig_K0903 3 There are sparks or stars in my visual field
 T11_Mig_K0904 4 There are waves or blurring in my visual field
 T11_Mig_K0905 5 I have trouble finding words or understanding what is said to me
 T11_Mig_K0906 6 My speech is slurred, making it difficult for others to understand me, 'like a hot potato in the mouth'
 T11_Mig_K0907 7 One side of my face is sagging and/or one of my arms or legs is clearly weaker than the other
 T11_Mig_K0908 8 There is numbness and tingling on one side of my body
 T11_Mig_K0909 9 No, I have none of the above symptoms before a headache attack

T11_Mig_K10

10. How long do the above-mentioned symptoms (question 9) preceding a headache attack last?

- 1 Less than a minute
 2 More than a minute but less than 5 minutes
 3 More than 5 minutes but less than an hour
 4 More than an hour
 5 I have none of the symptoms described above

T11_Mig_K11

11. Do any of the symptoms preceding a headache attack listed above (question 9) become progressively worse over a period of several minutes (an example would be a disruption in your visual field growing larger)?

- 1 Yes, and the escalation lasts for more than 5 minutes
 2 Yes, but the escalation lasts for less than 5 minutes
 3 No
 4 I have none of the symptoms described above

12. Do your headaches ever match any of the following descriptions?

- T11_Mig_K1201 1 There are periods when I have headache attacks every two days or more frequently
 T11_Mig_K1202 2 The headache lasts between 15 minutes and 3 hours
 T11_Mig_K1203 3 The headache is one-sided (always on the same side) and severe or extremely severe
 T11_Mig_K1204 4 The headache centres on the region of the eyes or forehead
 T11_Mig_K1205 5 I have none of the symptoms listed in this question

13. Are any of the following symptoms associated with your headaches?

- T11_Mig_K1301 1 Runny eyes
 T11_Mig_K1302 2 Stuffy nose
 T11_Mig_K1303 3 Red and/or swollen eyes or eyelids
 T11_Mig_K1304 4 Contraction of the pupil of the eye and/or drooping eyelid
 T11_Mig_K1305 5 Facial sweating
 T11_Mig_K1306 6 Restless or nervous feeling, compulsion to move around
 T11_Mig_K1307 7 I have none of the symptoms listed in this question

T11_Mig_K14

14. How old were you when the attacks began?

- 1 Less than 5 years old
- 2 5 to 10 years old
- 3 10 to 20 years old
- 4 20 to 30 years old
- 5 30 to 40 years old
- 6 40 to 50 years old
- 7 Over 50 years old
- 8 To within one year, I would say that my headaches began at the age of ____|____| years
T11_Mig_K1408

T11_Mig_K15

15. How does your headache affect your daily tasks (e.g. work or school)?

- 1 Prevents them completely
- 2 Makes them more difficult but does not prevent them
- 3 Has no significant effect

16. Have you used any of the following drugs to treat your headache?

- T11_Mig_K1601 1 Paracetamol (e.g. Panadol)
 T11_Mig_K1602 2 Anti-inflammatory drug (e.g. Burana)
 T11_Mig_K1603 3 Migraine-specific drug (triptans such as Maxalt, Imigran, Relert, Almogran, Migard, Sumatriptan)

T11_Mig_K17

17. Is any of the drugs you use good or clearly better than others in treating your headache?

- 1 Paracetamol (e.g. Panadol)
- 2 Anti-inflammatory drug (e.g. Burana)
- 3 Migraine-specific drug (triptans such as Maxalt, Imigran, Relert, Almogran, Migard, Sumatriptan)

T11_Mig_K1408

18. Do you use any drug to prevent headaches?

- T11_Mig_K1801 1 Beta blocker (e.g. Propral, Emconcor)
 T11_Mig_K1802 2 Amitriptylin/nortriptylin (e.g. Triptyl, Noritren, Klotriptyl Mite)
 T11_Mig_K1803 3 Topiramate (Topimax)
 T11_Mig_K1804 4 Valproate (Deprakine, Absenor, Orfiril)
 T11_Mig_K1805 5 Lamotrigin (Lamictal)
 T11_Mig_K1806 6 Candesartan (Atacand)

T11_Mig_K19

19. Is any of these preventive drugs clearly better than the others?

- 1 Beta blocker (e.g. Propral, Emconcor)
- 2 Amitriptylin/nortriptylin (e.g. Triptyl, Noritren, Klotriptyl Mite)
- 3 Topiramate (Topimax)
- 4 Valproate (Deprakine, Absenor, Orfiril)
- 5 Lamotrigin (Lamictal)
- 6 Candesartan (Atacand)

Please fill in the date on which you filled out the questionnaire:



____/____/____

*Thank you for your participation!*