Patient Last Name:_____, First Name:_____ ID# _____

Headache Disability Index

Matthew W. Ryan, DC PC dba Stewart Clinic of Winder

INSTRUCTIONS: Please CIRCLE the correct response:
1. I have headache: (1) 1 per month (2) more than 1 but less than 4 per month (3) more than one per week
2. My headache is: (1) mild (2) moderate (3) severe

Please read carefully: 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	
_____	_____	_____	Because of my headaches I feel disabled.
_____	_____	_____	Because of my headaches I feel restricted in performing my routine daily activities.
_____	_____	_____	No one understands the effect my headaches have on my life.
_____	_____	_____	I restrict my recreational activities (eg, sports, hobbies) because of my headaches.
_____	_____	_____	Sometimes I feel that I am going to lose control because of my headaches.
_____	_____	_____	Because of my headaches I am less likely to socialize.
_____	_____	_____	My spouse (significant other), or family and friends have no idea what I am going through because of my headaches.
_____	_____	_____	My headaches are so bad that I feel that I am going to go insane.
_____	_____	_____	My outlook on the world is affected by my headaches.
_____	_____	_____	I am afraid to go outside when I feel that a headaches is starting.
_____	_____	_____	I feel desperate because of my headaches.
_____	_____	_____	I am concerned that I am paying penalties at work or at home because of my headaches.
_____	_____	_____	My headaches place stress on my relationships with family or friends.
_____	_____	_____	I avoid being around people when I have a headache.
_____	_____	_____	I believe my headaches are making it difficult for me to achieve my goals in life.
_____	_____	_____	I am unable to think clearly because of my headaches.
_____	_____	_____	I get tense (eg, muscle tension) because of my headaches.
_____	_____	_____	I do not enjoy social gatherings because of my headaches.
_____	_____	_____	I feel irritable because of my headaches.
_____	_____	_____	I avoid traveling because of my headaches.
_____	_____	_____	My headaches make me feel confused.
_____	_____	_____	My headaches make me feel frustrated.
_____	_____	_____	I find it difficult to read because of my headaches.
_____	_____	_____	I find it difficult to focus my attention away from my headaches and on other things.

Patient Signature:_____ Date:_____

Office use Only:

Score:_____ FL: Minimal Moderate Severe Crippled Bed bound/exag