

Lifting The Burden

in official relations with
the World Health Organization

The Global Campaign against Headache

HALT-90 Index* (Headache-Attributed Lost Time – 90 days)

You may be given this short questionnaire before you start treatment.
Your answers to the five simple questions will help us understand how much your headaches are affecting your life, and guide your treatment.

Please answer these five questions carefully

- | | | |
|----------|---|---|
| 1 | On how many days in the last three months could you not go to work or school because of your headaches? | <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> |
| 2 | On how many days in the last three months could you do less than half your usual amount in your job or schoolwork because of your headaches? (Do not include days you counted in question 1 where you missed work or school.) | <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> |
| 3 | On how many days in the last three months could you not do any household work because of your headaches? (Do not include days you counted in questions 1 or 2.) | <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> |
| 4 | On how many days in the last three months could you do less than half your usual amount of household work because of your headaches? (Do not include days you counted in any of the previous questions.) | <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> |
| 5 | On how many days in the last three months did you miss family, social or leisure activities because of your headaches? | <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> |

Grading (I-IV indicate, in order, increasing need for medical care; either III or IV indicates high need)

| | | |
|--------------|------------------------------|-----------|
| 0-5 | Minimal or infrequent impact | Grade I |
| 6-10 | Mild or infrequent impact | Grade II |
| 11-20 | Moderate impact | Grade III |
| 20+ | Severe impact | Grade IV |

TOTAL

| | | |
|--|--|--|
| <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> | <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> | <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> |
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* HALT is closely based on the first five questions of MIDAS, developed by RB Lipton and WF Stewart.

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HALT-30 Index*

(Headache-Attributed Lost Time – 30 days)

Your answers to the five simple questions will help us understand how much your headaches are affecting your life.

Please answer these five questions carefully

1 On how many **days** in the **last month** could you **not go** to work or school because of your headaches?

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2 On how many **days** in the **last month** could you do **less than half** your usual amount in your job or schoolwork because of your headaches?
(Do not include days you counted in question 1 where you missed work or school.)

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3 On how many **days** in the **last month** could you **not do any** household work because of your headaches?
(Do not include days you counted in questions 1 or 2.)

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4 On how many **days** in the **last month** could you do **less than half** your usual amount of household work because of your headaches?
(Do not include days you counted in any of the previous questions.)

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5 On how many **days** in the **last month** did you **miss** family, social or leisure activities because of your headaches?

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TOTAL

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