

# HEADACHE DISABILITY INDEX

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

**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

- | YES   | SOMETIMES | NO    |  |
|-------|-----------|-------|--|
| _____ | _____     | _____ | E1. Because of my headaches I feel handicapped.  |
| _____ | _____     | _____ | F2. Because of my headaches I feel restricted in performing my routine daily activities.                               |
| _____ | _____     | _____ | E3. No one understands the effect my headaches have on my life.  |
| _____ | _____     | _____ | F4. I restrict my recreational activities (eg, sports, hobbies) because of my headaches.                               |
| _____ | _____     | _____ | E5. My headaches make me angry.  |
| _____ | _____     | _____ | E6. Sometimes I feel that I am going to lose control because of my headaches.  |
| _____ | _____     | _____ | F7. Because of my headaches I am less likely to socialize.   |
| _____ | _____     | _____ | E8. My spouse (significant other), or family and friends have no idea what I am going through because of my headaches. |
| _____ | _____     | _____ | E9. My headaches are so bad that I feel that I am going to go insane.  |
| _____ | _____     | _____ | E10. My outlook on the world is affected by my headaches.  |
| _____ | _____     | _____ | E11. I am afraid to go outside when I feel that a headaches is starting.   |
| _____ | _____     | _____ | E12. I feel desperate because of my headaches.   |
| _____ | _____     | _____ | F13. I am concerned that I am paying penalties at work or at home because of my headaches.                             |
| _____ | _____     | _____ | E14. My headaches place stress on my relationships with family or friends.   |
| _____ | _____     | _____ | F15. I avoid being around people when I have a headache.   |
| _____ | _____     | _____ | F16. I believe my headaches are making it difficult for me to achieve my goals in life.                                |
| _____ | _____     | _____ | F17. I am unable to think clearly because of my headaches.   |
| _____ | _____     | _____ | F18. I get tense (eg, muscle tension) because of my headaches.   |
| _____ | _____     | _____ | F19. I do not enjoy social gatherings because of my headaches.   |
| _____ | _____     | _____ | E20. I feel irritable because of my headaches.   |
| _____ | _____     | _____ | F21. I avoid traveling because of my headaches.  |
| _____ | _____     | _____ | E22. My headaches make me feel confused.   |
| _____ | _____     | _____ | E23. My headaches make me feel frustrated.   |
| _____ | _____     | _____ | F24. I find it difficult to read because of my headaches.  |
| _____ | _____     | _____ | F25. I find it difficult to focus my attention away from my headaches and on other things.                             |

OTHER COMMENTS: \_\_\_\_\_


\_\_\_\_\_  
Examiner

With permission from: Jacobson GP, Ramadan NM, et al. *The Henry Ford Hospital headache disability inventory (HDI)*. Neurology 1994;44:837-842.

## Article

### The Henry Ford Hospital Headache Disability Inventory (HDI)

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#### ABSTRACT

Article abstract -To quantify the impact of headache on daily living, we developed a 25-item headache disability inventory (HDI). The alpha version of the HDI ( $\alpha$ -HDI) consisted of 40 items, each requiring a "yes" (four points), "sometimes" (two points), or "no" (zero points) response based on items derived empirically from case history responses of subjects with headache. From the  $\alpha$ -HDI, we derived a 25-item beta version ( $\beta$ -HDI) with the items subgrouped into functional and emotional subscales. The internal consistency/reliability was strong, as was construct validity. The test-retest reliability for the  $\beta$ -HDI was acceptable for the total score and functional and emotional subscale scores. A 29-point change (95% confidence interval) or greater in the total score from test-retest must occur before the changes can be attributed to treatment effects. The HDI is useful in assessing the impact of headache, and its treatment, on daily living.