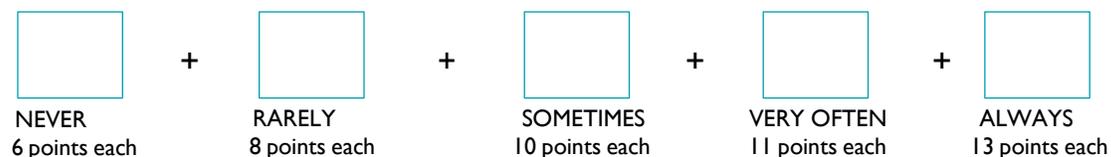


# Headache Impact Test (HIT-6)

Headache Impact Test (HIT-6) questionnaire was designed to help you describe and communicate the way you feel and what you cannot do because of headaches.

**To complete, please circle one answer for each question.**

1. When you have headaches, how often is the pain severe?  
never                      rarely                      sometimes                      very often                      always
2. How often do headaches limit your ability to do usual daily activities including household work, work, school or social activities?  
never                      rarely                      sometimes                      very often                      always
3. When you have a headache, how often do you wish you could lie down?  
never                      rarely                      sometimes                      very often                      always
4. In the past four weeks, how often have you felt too tired to do work or daily activities because of your headaches?  
never                      rarely                      sometimes                      very often                      always
5. In the past four weeks, how often have you felt fed up or irritated because of your headaches?  
never                      rarely                      sometimes                      very often                      always
6. In the past four weeks, how often did headaches limit your ability to concentrate on work or daily activities?  
never                      rarely                      sometimes                      very often                      always



To score, add points for answers in each severity rating.

You should share your results with your doctor. Headaches that stop you from enjoying the important things in life, like family, work, school or social activities could be migraine.

Higher scores indicate a greater impact on your life  
Score range 36-78

TOTAL  
SCORE

## Reference:

Yang M, Rendas-Baum R, Varon SF, Kosinski M. Validation of the Headache Impact Test (HIT-6™) across episodic and chronic migraine. *Cephalalgia*. 2011;31(3):357-367. doi:10.1177/0333102410379890.