

# HEADACHE IMPACT TEST (HIT-6)



PHYSIOTUTORS

**MORE INFORMATION**



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

Date: \_\_\_\_\_

**Instructions:** HIT is a tool used to measure the impact headaches have on your ability to function on the job, at school, at home and in social situations. Your score shows you the effect that headaches have on normal daily life and your ability to function. HIT was developed by an international team of headache experts from neurology and primary care medicine in collaboration with the psychometricians who developed the SF-36® health assessment tool. This 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.

When you have headaches, how often is the pain severe?

- Never  Rarely  Sometimes  Very often  Always

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

When you have a headache, how often do you wish you could lie down?

- Never  Rarely  Sometimes  Very often  Always

In the past 4 weeks, how often have you felt too tired to do work or daily activities because of your headaches?

- Never  Rarely  Sometimes  Very often  Always

In the past 4 weeks, how often have you felt fed up or irritated because of your headaches?

- Never  Rarely  Sometimes  Very often  Always

In the past 4 weeks, how often did headaches limit your ability to concentrate on work or daily activities?

- Never  Rarely  Sometimes  Very often  Always

6 points each	8 points each	10 points each	11 points each	13 points each

**If your HIT-6 is 50 or higher:** 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.

Total Score