

2) MIGRAINE DISABILITY ASSESSMENT (MIDAS) QUESTIONNAIRE

MIDAS Questionnaire

INSTRUCTIONS: Please answer the following questions about ALL your headaches you have had over the last 3 months. Write your answer in the box next to each question. Write zero if you did not do the activity in the last 3 months.

1 On how many days in the last 3 months did you miss work or school because of your headaches? days

2 How many days in the last 3 months was your productivity at work or school reduced by half or more because of your headaches? (Do not include days you counted in question 1 where you missed work or school) days

3 On how many days in the last 3 months did you not do household work because of your headaches? days

4 How many days in the last 3 months was your productivity in household work reduced by half or more because of your headaches? (Do not include days you counted in question 3 where you did not do household work) days

5 On how many days in the last 3 months did you miss family, social or leisure activities because of your headaches? days

Sum of above is TOTAL Midas score:

On how many days in the last 3 months did you have a headache? (If a headache lasted more than 1 day, count each day) days

On a scale of 0–10, on average how painful were these headaches? (Where 0 = no pain at all, and 10 = pain as bad as it can be)

Grading system for the MIDAS Questionnaire:

Grade	Definition	Score
I	Minimal or infrequent disability	0–5
II	Mild or infrequent disability	6–10
III	Moderate disability	11–20
IV	Severe disability	21+

The MIDAS Questionnaire provides valuable information to help your physician recommend a suitable management strategy for your headaches. We recommend that you take the completed Questionnaire to your physician to obtain suitable treatment.

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(continued on next page)

The MIDAS score is classified into four grades of severity that predict the patient’s treatment needs. See the table below for MIDAS grade definitions, corresponding MIDAS scores and recommendations:

MIDAS Score	MIDAS Grade	Definition	Recommendations
0-5	I	Minimal or infrequent disability	MIDAS Grade I usually indicates low medical need. Simple, over-the-counter analgesics may be effective in the acute treatment of these patients. However, the impact of even a few lost days on the lifestyle of these patients should be assessed. Also, some patients with a MIDAS Grade I, such as those with infrequent, but severe migraine, may benefit from first-line treatment with specific migraine therapies (e.g. triptans). MIDAS Grade I patients who have failed to achieve effective relief with simple analgesics should also be considered for triptan therapy.
6–10	II	Mild or infrequent disability	MIDAS Grade II usually indicates moderate medical need. The patients may require an acute prescription medication. Some MIDAS Grade II patients may also qualify for first-line triptan medication if their headaches are severe. For example, a score of 10 could mean that a patient is missing ten days of school or paid work, so the headaches could be causing severe disruption in their lives. MIDAS Grade II patients should also qualify for first-line triptan medication if they have failed on simple analgesics.
11–20	III	Moderate disability	MIDAS Grade III/IV indicates a high medical need. These patients are experiencing significant disability and their migraine attacks are having a severe impact on their lives. Specific acute therapy, such as a triptan, is usually the most appropriate therapy for these patients, providing they are suitable recipients. Prophylactic treatment should also be considered. Please note that a very high MIDAS score could also indicate a high frequency of non-migraine headache, and these patients should be managed accordingly.
>20	IV	Severe disability	