

7) STAGING QUESTIONNAIRE

1. How many days per month do you have headaches?
Stage 1: 2 or fewer
Stage 2: 3 to 8
Stage 3: 10 to 14
Stage 4: 15 or more
2. Does the medicine that you take for headaches, stop them?
Stage 1: Yes, most of the time
Stage 2: I rely on medicine to get through the day
Stage 3: It takes the edge off but the headache is still there
Stage 4: Nothing works
3. Do you have physical problems other than headaches?
Stage 1: No, I'm healthy
Stage 2: At times, I feel down, jittery, irritable, anxious with upset stomach
Stage 3: Some aches and pains; bloating; and I feel depressed
Stage 4: Yes, depression, fibromyalgia, insomnia, IBS, weight problem; I'm falling apart
4. How do your headaches interfere with your life?
Stage 1: They're a nuisance that slows me down
Stage 2: I struggle through them and force myself to go on
Stage 3: I'm missing work, family and social functions a lot
Stage 4: My life revolves around headaches
5. How many days per month do you feel normal?
Stage 1: 25, most of the time
Stage 2: 15, half the time
Stage 3: 5 to 10
Stage 4: Zero

Pre-Clinical	Early Clinical	Clinical	Post-Clinical
5	10	15	20

Stage 1 Patient: Episodic headaches that generally respond to medication. Medication may not be working as well as before but patient is still working, going to school, and functioning. Requires new patient appointment with physician.

Stage 2 Patient: Frequent (3 to 8 headache days per month) episodic, disabling headaches not necessarily relieved by sleep or self-treatment. Multiple headache presentations. Associated with headaches are symptoms of anxiety, sleep disruption, irritability, or fatigue. Reliance on medication may be present.

Stage 3 Patient: Frequent headaches (10 to 14 headache days over the previous 3 months), taking acute medicine more than two times a week. May be taking over-the-counter medicine daily. Medication is not working as well as before and patient is beginning to miss work or other activities that concern him or her. Psychological or gastrointestinal upset with muscle pain is often present and chronic (>1 year's duration).

Requires appointment with psychologist for education and biofeedback training. The patient needs to be told that education and biofeedback are necessary parts of the treatment package for headaches as frequent as these.

Stage 4 Patient: Chronic daily headache that incapacitates person. Medicine does not work and other physical problems are present. Requires an immediate Intensive Program with appointments with Psychology and Physical Therapy.

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