

# Lifting The Burden

## The Global Campaign against Headache

A collaboration between the World Health Organization, non-governmental organisations, academic institutions and individuals worldwide

### HALT Index\* (Headache-Attributed Lost Time)

Your doctor or nurse may give you this short questionnaire before starting treatment.

Please answer the five simple questions. This will help your doctor or nurse understand how much your headaches are affecting your life, and guide your medical treatment.

Please answer these five questions carefully

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|----------|--|----------------------|----------------------|
| <b>1</b> | On how many <b>days</b> in the <b>last three months</b> could you <b>not go</b> to work or school because of your headaches?   | <input type="text"/> | <input type="text"/> |
| <b>2</b> | On how many <b>days</b> in the <b>last three months</b> could you do <b>less than half</b> your usual amount in your job or schoolwork because of your headaches? (Do not include days you counted in question 1 where you missed work or school.) | <input type="text"/> | <input type="text"/> |
| <b>3</b> | On how many <b>days</b> in the <b>last three months</b> could you <b>not do any</b> household work because of your headaches?  | <input type="text"/> | <input type="text"/> |
| <b>4</b> | On how many <b>days</b> in the <b>last three months</b> could you do <b>less than half</b> your usual amount of household work because of your headaches? (Do not include days you counted in question 3 where you did not do household work.)     | <input type="text"/> | <input type="text"/> |
| <b>5</b> | On how many <b>days</b> in the <b>last three months</b> did you <b>miss</b> family, social or leisure activities because of your headaches?  | <input type="text"/> | <input type="text"/> |

**Grading** (I-IV indicate, in order, increasing need for medical care; either III or IV indicates high need)

<b>0-5</b>	Minimal or infrequent impact	Grade I
<b>6-10</b>	Mild or infrequent impact	Grade II
<b>11-20</b>	Moderate impact	Grade III
<b>20+</b>	Severe impact	Grade IV

**TOTAL**

<input type="text"/>	<input type="text"/>	<input type="text"/>
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\* HALT is closely based on the first five questions of MIDAS, developed by RB Lipton and WF Stewart