

## Where do you receive your headache info?

### Survey Results



#### 1. Which headache information resources do you find credible and trustworthy (check all that apply)?

National Headache Foundation		29	56%
Internet Health Site (WebMD, Yahoo, AOL, etc.)		23	44%
Your Healthcare Provider		37	71%
Newspaper or Magazine Articles		14	27%
Pamphlets/Publications from your Pharmacy		14	27%
Television/Radio Reports		6	12%
Other, Please Specify		5	10%

#### 2. If you receive headache information from web sites, please list those which you visit most frequently.

23 Responses

#### 3. If you receive headache information from print publications, please list those to which you subscribe or regularly read.

14 Responses

#### 4. What criteria do you use to judge the credibility of the information? (Please check all that apply)

Reputation of source		41	85%
Cited references		18	38%
Awards or Recognitions		4	8%
Subscribe to Code of Ethics (Internet Web sites)		11	23%
Heard the information from another trusted source		23	48%
Other, Please Specify		4	8%

#### 5. What characteristics are most important to you? (Please check all that apply))

Timeliness		21	42%
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Accuracy		43	86%
Cited Sources or References		15	30%
Comprehensiveness		28	56%
Written in understandable terms		40	80%
Referrals to other sources		16	32%

**6.** What types of headache-related information are you interested in? (check all that apply)

Medications		43	84%
Non-medicated treatments (Biofeedback, Relaxation Techniques)		30	59%
Alternative Therapies		24	47%
Physician Recommendations		28	55%
Self Management Tips		40	78%
Support Groups		9	18%
Other, Please Specify		1	2%

**7.** On which headache-related topics would you like to see more information? Please list.

30 Responses

**8.** Have you ever tried a new treatment option based on information that you read?

Yes		13	28%
No		34	72%
Total		47	100%

13 Responses

**9.** How do you prefer to receive your headache information?

Electronically		15	31%
Printed Copy		10	20%
Both		24	49%
Total		49	100%

**10.** In what format do you prefer to receive your headache information?

Full length articles		7	14%
News Briefs		1	2%
Article Summaries		7	14%

Combination of all the above		32	65%
Other, Please Specify		2	4%
Total		49	100%

**11.** Are you a subscriber to the National Headache Foundation's Award Winning Newsletter "NHF Head Lines"?

Yes		9	18%
No		42	82%
Total		51	100%

**12.** If yes, Which feature of "NHF Head Lines" is most helpful to you? If you answered "No" to Question 11, please skip this question.

In depth articles		8	80%
News briefs		4	40%
Reader Q & A Column		4	40%
Ask the Pharmacist Column		6	60%
Support Group Listings		1	10%
Book Reviews		1	10%
Case Studies		4	40%



**13.** If yes, Which feature of "NHF Head Lines" is least helpful to you? (Check all that apply) If you answered "No" to Question 11, please skip this question.

News briefs		1	11%
Reader Q & A Column		2	22%
Ask the Pharmacist Column		0	0%
Support Group Listings		6	67%
Book Reviews		2	22%
Case Studies		1	11%
Other, Please Specify		0	0%






**14.** What type of headache do you experience most frequently?

Migraine		35	69%
Tension-type headache		1	2%
Chronic daily headache		8	16%
Cluster headache		1	2%
Sinus headache		1	2%
Allergy headache		1	2%
Not sure		4	8%
Total		51	100%







**15.** How long have you experienced headaches?

1-5 years		9	18%
6-10 years		8	16%
11-15 years		6	12%
16-20 years		10	20%
More than 20 years		18	35%
Total		51	100%

**16.** How frequent are your headaches?

Less than one day a month		1	2%
1-5 days a month		10	20%
5-10 days a month		8	16%
10-15 days a month		8	16%
More than 15 days a month		24	47%
Total		51	100%



**17.** Tell us about yourself by checking the appropriate boxes, select all that apply:

Male		2	4%
Female		43	84%
Under 20		4	8%
Age 20 - 35		19	37%
Age 36 - 50		13	25%
Over 50		14	27%

**18.** At what age did you first experience headache?

Less than 10 years old		13	25%
10-15 years old		15	29%
16-20 years old		8	16%
21-30 years old		10	20%
31-40 years old		2	4%
After age 40		4	8%

**19.** How did you learn about National Headache Foundation?

Physician		4	8%
Friend		2	4%
Employer/manager		0	0%

Internet		23	46%
Newspaper		1	2%
Magazine		13	26%
TV		1	2%
Radio		0	0%
Other, Please Specify		6	12%
Total		50	100%



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