

Women with Migraine Share Their Experience: A Survey



Survey Results



After you answer the following questions, you'll be able to see how other women responded to the same questions. You'll be able to see just how migraine affects other women's lives and how they cope with it.

1. What usually causes your migraines?

Menstruation		276	31%
Stress		234	26%
Environmental triggers		46	5%
Food triggers		33	4%
Weather changes		103	11%
Missed meals		27	3%
Other, Please Specify		179	20%
Total		898	100%

2. What do you worry about most with your migraines?

Letting your family down		317	36%
Causing arguments at home		71	8%
Missing work		366	41%
Being taken ill in public		114	13%
Effect on sex life		23	3%
Total		891	100%

3. Which emotion best describes your attitude toward migraines?



Ashamed		14	2%
Frustrated		615	68%
Angry		87	10%
Guilty		32	4%
Accepting		61	7%
Determined to take charge		94	10%
Total		903	100%

Total





4. Are you mostly satisfied with your current treatment(s)?

Yes		233	26%
No		664	74%
Total		897	100%





5. Have you seen a doctor about your migraines?

Yes		753	83%
No		150	17%
Total		903	100%
111 Responses			

6. If you see a healthcare provider on a regular basis, how would you describe your relationship with him or her?

Very good		243	27%
Good		447	50%
Unsatisfactory		114	13%
Do not see a healthcare provider		94	10%
Total		898	100%









7. If you work, what is the attitude of your supervisor regarding the effect of migraine on your work?

Supportive		308	39%
Neutral		335	42%
Unsympathetic		106	13%
Impatient		49	6%
Total		798	100%
















8. Where do you get most of your information about migraine?

Internet		506	57%
Magazines		56	6%
Support group		3	0%
Friend		38	4%
Healthcare Provider		249	28%
TV/radio		7	1%
NHF		32	4%
Total		891	100%

9. Which one of the following topics in this module did you find the most helpful?

Self-esteem		35	4%
Facts about migraine		292	34%
Causes of migraine in women		313	37%
Workplace		35	4%
Home and family life		32	4%
Partnering with your healthcare provider		29	3%
This survey		80	9%
Other, Please Specify		36	4%
Total		852	100%

10. What actions will you take as a result of reviewing the information in this educational module? (Please indicate all that apply.)

Will adopt "take charge" attitude		239	29%
Will get more information about migraine		422	50%
Will keep a migraine diary		366	44%
Will see a healthcare provider		161	19%
Will work with my healthcare provider		215	26%
Will find a different healthcare provider		116	14%
Will not blame myself for migraines		252	30%
Will help family know more about migraines		152	18%
Will join a support group		43	5%
Will get counseling		38	5%
Will learn relaxation techniques		348	42%
Will take time for myself each day		265	32%
Will explain my condition to supervisor/colleagues		94	11%
Will have "back up plan" to help things run smoothly at home		150	18%
Other, Please Describe		18	2%

Thank you very much for your interest in participating in this important effort.



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