

Has a Traumatic Event Ever Caused a Headache?

Survey Results



1. Have you ever experienced a traumatic event?

Yes		138	96%
No		6	4%
Total		144	100%

2. If yes, please indicate the appropriate category:

Loss of loved one		29	20%
Divorce		10	7%
Victim of a crime		5	3%
Military duty		1	1%
Job loss		2	1%
Serious accident/illness (self or loved one)		37	26%
Financial crisis		13	9%
Domestic abuse		7	5%
Sexual abuse		4	3%
Other, Please Specify		36	25%
Total		144	100%

3. At what age did the traumatic event occur?

Under 10		2	1%
11-16		9	6%
17-21		25	18%
22-30		42	30%
31-40		33	24%
41-50		19	14%
51+		10	7%
Total		140	100%

4. Did you suffer from headaches prior to the event?

Yes		92	66%
No		48	34%

Total	140	100%
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5. If yes, how has the frequency of your headaches changed?

More frequent		76	67%
About the same		31	27%
Less frequent		6	5%
Total		113	100%

6. How has the severity of your headaches changed?

More severe		89	72%
About the same		33	27%
Less severe		2	2%
Total		124	100%

7. Did you develop headaches after the event?








Yes		103	74%
No		37	26%
Total		140	100%

8. If yes, how long after the event did the headaches begin?



Less than 3 months		77	71%
3-6 months		9	8%
6-9 months		2	2%
9-12 months		2	2%
12 months or longer		19	17%
Total		109	100%

9. Have you in the past or do you currently suffer from any other physical or emotional conditions resulting from this event? Please select all that apply:

Loss of sleep		77	60%
Stomach aches		36	28%
Indigestion		31	24%
Reliving images of the event		45	35%
Exhaustion or mental fatigue		73	57%
Anxiety		82	64%
Fear		42	33%
Panic		44	34%
		59	46%

Anger			
Depression		83	65%
Emotional numbing		45	35%
Nightmares or daydreaming		37	29%
Change in appetite		38	30%
Denial		17	13%
Other, Please Specify		21	16%

10. Have you in the past or are you currently seeing a healthcare provider specifically about your headache condition?

Yes		100	69%
No		44	31%
		Total	144
			100%



11. Have you in the past or are you currently confiding in a family member or close friend about this event?

Yes		103	72%
No		41	28%
		Total	144
			100%



12. Have you in the past or are you currently talking with a psychologist or other related counselor?

Yes		64	45%
No		79	55%
		Total	143
			100%



13. Have you found your family members and friends to be understanding of your headache condition?

Yes		97	69%
No		43	31%
		Total	140
			100%

14. Have you or do you feel a sense of guilt, i.e. you could have done something to prevent the incident in question?

Yes		60	42%
No		82	58%
		Total	142
			100%



15. Did you maintain a normal schedule in the days following the event?

Yes		72	51%
No		70	49%
		Total	142
			100%

16. Did you increase your consumption of alcohol, food or smoking following the event?

Yes		50	35%
No		91	65%
Total		141	100%



17. Have you changed your perspective of how you view your life?

Yes		95	67%
No		47	33%
Total		142	100%

18. In what ways?

76 Responses


19. What type of headache do you experience most frequently?




Migraine		58	41%
Tension-type headache		16	11%
Chronic daily headache		34	24%
Cluster headache		4	3%
Sinus headache		2	1%
Allergy headache		0	0%
Not sure		12	8%
Other, Please Specify		17	12%
Total		143	100%

20. How long have you experienced headaches?

1-5 years		44	31%
6-10 years		21	15%
11-15 years		16	11%
16-20 years		11	8%
More than 20 years		49	35%
Total		141	100%

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



Male		19	13%
Female		118	82%
Under 20		7	5%

Age 21 - 35		50	35%
Age 36 - 50		49	34%
Over 50		34	24%









22. At what age did you first experience headache?

Less than 10 years old		25	18%
11-15 years old		29	21%
16-20 years old		34	24%
21-30 years old		24	17%
31-40 years old		16	11%
After age 40		13	9%
Total		141	100%

23. Are you a member of the National Headache Foundation?

Yes		13	9%
No		125	91%
Total		138	100%

24. How did you learn about National Headache Foundation?

Physician		17	12%
Friend		8	6%
Employer/manager		0	0%
Internet		89	62%
Newspaper		4	3%
Magazine		8	6%
TV		3	2%
Radio		2	1%
Other, Please Specify		12	8%
Total		143	100%



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