


Hangover Headaches Survey Results





1. Have you ever experienced a hangover headache?

Yes		126	92%
No		11	8%
Total		137	100%

2. How frequently do you experience a hangover headache?

Never		18	13%
Weekly		10	7%
2-3 times a month		30	22%
Monthly		15	11%
6 or fewer times a year		62	46%
Total		135	100%



3. Is alcohol a headache trigger even if consumed in moderation?

Yes		81	60%
No		55	40%
Total		136	100%


4. Do you avoid alcoholic beverages entirely?


Yes		21	15%
No		115	85%
Total		136	100%

5. Do you plan on consuming alcoholic beverages this holiday season?




Yes		108	80%
No		27	20%
Total		135	100%

6. Are hangover headaches more prevalent for you during the holiday season?

Yes		20	15%
Total		116	85%

No			
		Total	136 100%

7. On average, how many alcoholic beverages do you consume at holiday functions?

1-2 alcoholic beverages		56	44%
3-4 alcoholic beverages		42	33%
More than 4 alcoholic beverages		30	23%
		Total	128 100%



8. What is your alcoholic drink of choice?

None		7	5%
Beer		39	29%
Red wine		15	11%
White wine		20	15%
Mixed drink		49	36%
Straight alcohol		5	4%
		Total	135 100%


9. Do you find one type of alcoholic beverage more frequently causes headaches? If yes, please check which one provokes headaches more frequently:








Beer		11	11%
Red wine		42	41%
White wine		15	15%
Mixed drink		22	21%
Straight alcohol		13	13%
		Total	103 100%

10. Do you consume food while drinking alcoholic beverages?









Yes		117	90%
No		13	10%
		Total	130 100%

11. Which of the following hangover headache remedies have you tried? Select all that apply.

Drinking alcohol in moderation		81	62%
Eating some honey before or after consuming alcohol beverages		0	0%
Drinking fluids			

containing minerals and salts		32	25%
Drinking a cup of coffee or other caffeine drinks		45	35%
Taking Ibuprofen		95	73%
Alternating non-alcoholic beverages with alcoholic beverages		47	36%
Eating greasy foods before consuming alcohol		29	22%
Commercially available "hangover remedies"		6	5%
Other, Please Specify		43	33%

12. Which hangover headache remedy method has proven most effective for you?

Drinking alcohol in moderation		37	31%
Eating some honey before or after consuming alcohol beverages		0	0%
Drinking fluids containing minerals and salts		9	8%
Drinking a cup of coffee or other caffeine drinks		3	2%
Taking Ibuprofen		32	27%
Alternating non-alcoholic beverages with alcoholic beverages		1	1%
Eating greasy foods before consuming alcohol		3	2%
Commercially available "hangover remedies"		1	1%
Other, Please Specify		34	28%
Total		120	100%

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







Migraine		38	29%
Tension-type headache		30	23%
Chronic daily headache		22	17%
Cluster headache		2	2%
Sinus headache		8	6%
Allergy headache		1	1%
Not sure		25	19%
		5	4%

Other, Please Specify			
		Total	131 100%

14. How long have you experienced headaches?

1-5 years		42	33%
6-10 years		20	16%
11-15 years		30	23%
16-20 years		13	10%
More than 20 years		24	19%
		Total	129 100%



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

Male		15	11%
Female		105	78%
Under 20		3	2%
Age 20 - 35		76	57%
Age 36 - 50		32	24%
Over 50		14	10%

16. At what age did you first experience headache?




Less than 10 years old		26	20%
10-15 years old		39	30%
16-20 years old		30	23%
21-30 years old		23	17%
31-40 years old		9	7%
After age 40		5	4%
		Total	132 100%

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

Yes		9	7%
No		125	93%
		Total	134 100%

18. How did you learn about the National Headache Foundation?

Physician		16	12%
Friend		2	2%
Employer/Manager		2	2%
Internet		105	80%

Newspaper		1	1%
Magazine		5	4%
TV		0	0%
Radio		1	1%
Other, Please Specify		3	2%



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