

## Do you use Home/Folk Remedies to treat your headache?

### Survey Results



- 1.** Have you ever used a home or “folk” remedy to treat a headache? (This may include a home treatment that has been passed down within families and/or may not have what would traditionally be considered medicinal qualities.) [Note: If answer is “No”, end survey here]

Yes		38	63%
No		22	37%
Total		60	100%

- 2.** If so, for what type of headache? (Please choose all that apply)

Migraine		31	70%
Tension-type headache		18	41%
Chronic daily headache		12	27%
Cluster headache		7	16%
Sinus headache		9	20%
Allergy headache		8	18%
Not sure		4	9%
Other, please specify:		2	5%

- 3.** Please provide specific details on the type of home remedy you use to treat your headaches?




39 Responses

- 4.** Have you ever used a prescription or over-the-counter treatment for your headaches? [Note: If answer is “a”, “b”, or “c”, skip to question 7]





Yes, both prescription and over-the-counter.		36	77%
Yes, prescription only.		4	9%
Yes, over-the-counter only.		5	11%
No, I only use home remedies.		2	4%
Total		47	100%

- 5.** How effective have you found home remedies in comparison to prescription medicine for treating headaches?




Less effective than prescription medication.		18	49%
As effective as			

prescription medication.		11	30%
More effective than prescription medication.		4	11%
I do not use prescription medication for treatment of headaches.		4	11%
Total		37	100%







**6.** How effective have you found home remedies in comparison to over-the-counter medicine for treating headaches?

Less effective than over-the-counter medication.		10	27%
As effective as over-the-counter medication.		14	38%
More effective than over-the-counter medication.		8	22%
I do not use over-the-counter medication for treatment of headaches.		5	14%
Total		37	100%



**7.** Do you use home remedies to:





Prevent Headaches		4	10%
Treat Headaches		21	51%
Both		16	39%
Total		41	100%

**8.** Where did you learn about using home remedies to treat headaches?



Family/friend		20	49%
Magazine article		4	10%
News report		2	5%
Health food store		0	0%
Nutritionist		0	0%
Naturopath		1	2%
Online source		1	2%
Other, please specify:		13	32%
Total		41	100%

**9.** Why do you prefer home remedies to treat/prevent a headache?



Cost		2	5%
Availability		3	7%

Convenience		7	17%
Perceive fewer risks or side effects		7	17%
Use in conjunction with prescription or over-the-counter treatment		17	41%
Other, please specify:		5	12%
Total		41	100%










**10.** Is your healthcare provider aware that you take home remedies to treat your headaches?

Yes		33	79%
No		9	21%
Total		42	100%

**11.** Are you able to perform your normal daily activities after taking a home remedy to treat a headache?




Yes		25	62%
No		15	38%
Total		40	100%

**12.** Do you experience any of the following side effects when taking a home remedy to treat a headache?





Sluggishness		4	25%
Difficulty thinking		3	19%
Poor memory		1	6%
Slowness of speech and comprehension		1	6%
Faulty judgment		0	0%
Decreased sexual interest		1	6%
Decreased attention		2	12%
Emotional instability		3	19%
Dizziness or lightheadedness		2	12%
Hangover effect		0	0%
Other, please specify:		6	38%

**13.** How often do you take home remedies to treat a headache?

Everyday		3	8%
More than once a day		5	12%
Two to six times a week		2	5%
Once a week		2	5%
Two to three times a month		4	10%

Once a month		2	5%
As needed		17	42%
Other, please specify:		5	12%
Total		40	100%






**14.** Compared to prescription or over-the-counter medicines, do you have to take home remedies to treat a headache:

Less often than a prescription or over-the-counter medicines.		15	38%
As often as a prescription or over-the-counter medicines.		13	33%
More often than a prescription or over-the-counter medicines.		3	8%
I do not take prescription or over-the-counter medicines.		0	0%
Other, please specify:		8	21%
Total		39	100%

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

Migraine		23	45%
Tension-type headache		3	6%
Chronic daily headache		10	20%
Cluster headache		2	4%
Sinus headache		2	4%
Allergy headache		1	2%
Not sure		6	12%
Other, please specify		4	8%
Total		51	100%

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







1-5 years		5	10%
6-10 years		5	10%
11-15 years		5	10%
16-20 years		4	8%
More than 20 years		31	62%
Total		50	100%

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



Male		10	20%
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Female		28	55%
Under 20		1	2%
Age 21 – 35		9	18%
Age 36 – 50		20	39%
Over 50		18	35%






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

Less than 10 years old		9	18%
11-15 years old		18	36%
16-20 years old		6	12%
21-30 years old		10	20%
31-40 years old		3	6%
After age 40		4	8%
Total		50	100%

**19.** Are you a member of the National Headache Foundation?

Yes		11	22%
No		39	78%
Total		50	100%

**20.** How did you learn about the National Headache Foundation?

Physician		8	16%
Friend		6	12%
Employer/Manager		0	0%
Internet		28	56%
Newspaper		0	0%
Magazine		1	2%
TV		0	0%
Radio		0	0%
Other, please specify		7	14%

