

## Headaches and Depression Survey Results



### 1. Do you suffer from headaches?

Yes		315	100%
No		0	0%
Total		315	100%



### 2. What type of headache do you experience most frequently?

Migraine		179	54%
Tension-type headache		80	24%
Chronic daily headache		92	28%
Cluster headache		19	6%
Sinus headache		30	9%
Allergy headache		12	4%
Not sure		55	17%
Other, please specify		21	6%




### 3. Do you suffer from any of the symptoms of depression? Please select all that apply.

Sad mood		187	56%
Loss of interest or pleasure in activities that were once enjoyed		185	56%
Change in appetite or weight		110	33%
Difficulty sleeping or oversleeping		219	66%
Physical slowing or agitation		144	44%
Energy loss		222	67%
Feelings of worthlessness or inappropriate guilt		125	38%
Difficulty thinking or concentrating		198	60%
Recurrent thoughts of death or suicide		41	12%
No		34	10%








**4.** Have you been diagnosed with depression by a healthcare provider?

Yes		172	52%
No		159	48%
Total		331	100%





**5.** Have you ever received medical treatment for depression?

Yes, currently receiving medical treatment for depression.		123	37%
Yes, have received medical treatment in the past for depression.		83	25%
No, I have never received medical treatment for depression.		125	38%
Total		331	100%

**6.** What type of treatment(s) have you ever used? Please select all that apply.

Prescription medication		258	86%
Herbal/alternative therapies		59	20%
Psychotherapy/counseling		127	42%
Lifestyle modifications		83	28%
Stress reduction techniques		93	31%
Exercise		117	39%
Other, please specify		25	8%



**7.** Did you first suffer from headache and/or depression?

I first suffered from headache.		158	47%
I first suffered from depression.		74	22%
I only suffer from headache.		62	19%
I only suffer from depression.		0	0%
I experienced both at the same time.		39	12%
Total		333	100%



**8.** Do you feel like your depression and headaches are linked?

257 Responses




**9.** Do you feel more depressed when you are suffering from a headache?

Yes		221	67%
No		109	33%
Total		330	100%

**10.** Have you ever contemplated harming yourself or others due to your headaches?

Yes		57	17%
No		271	83%
Total		328	100%







**11.** Do you feel like you would be happy in your life if you could just stop suffering from headaches?

Yes		186	56%
Sometimes		96	29%
No		50	15%
Total		332	100%





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



1-5 years		126	38%
6-10 years		45	14%
11-15 years		39	12%
16-20 years		37	11%
More than 20 years		85	26%
Total		332	100%

**13.** Tell us about yourself by checking the appropriate boxes. Please select all that apply.


Male		52	16%
Female		258	78%
Under 20		14	4%
Age 21 – 35		115	35%
Age 36 – 50		115	35%
Over 50		56	17%

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








Less than 10 years old		38	11%
11-15 years old		87	26%
16-20 years old		69	21%
21-30 years old		72	22%
		37	11%

31-40 years old			
After age 40		28	8%
Total		331	100%

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

Yes		33	10%
No		299	90%
Total		332	100%

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

Physician		32	10%
Friend		10	3%
Employer/Manager		4	1%
Internet		240	74%
Newspaper		1	0%
Magazine		11	3%
TV		0	0%
Radio		2	1%
Other, please specify		26	8%
Total		326	100%



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