

Are Your Headaches Causing You to Miss Out on Life?

Survey Results



1. Do you suffer from headaches?

Yes		186	100%
No		0	0%
Total		186	100%

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

Migraine		116	60%
Tension-type headache		26	13%
Chronic daily headache		68	35%
Cluster headache		12	6%
Sinus headache		11	6%
Allergy headache		3	2%
Not sure		20	10%
Other, please specify		13	7%






3. When suffering from a headache, where do you most often seek support?

Spouse or partner		84	44%
Family member		33	17%
Friend		7	4%
Employer or co-worker		1	1%
Healthcare provider		26	14%
I don't confide in others about my headache pain		40	21%
Total		191	100%






4. Have your headaches ever caused you to miss a day of work?

Yes		167	87%
No		25	13%
Total		192	100%




5. If yes, did you tell your employer about your headache?

Yes, I did and my employer accepted my headache as a reason to miss work		123	67%
Yes, I did, but next time I would not be truthful about the reason		16	9%
No, I don't feel my employer would accept my headache as a reason to miss work		19	10%
No, I don't feel my employer needs to know my personal health information		10	5%
I have never missed work due to a headache		15	8%
Total		183	100%

6. If yes, have you ever experienced resentment from your colleagues? (Choose all that apply)

Yes, my colleagues seem to resent the time I am away from work because of my headaches		42	25%
Yes, my colleagues dismiss headache as a reason to miss work		36	21%
No, my colleagues accept my headache as a reason to miss work		60	35%
No, I do not share my personal health information with my colleagues		26	15%
I have never missed work due to a headache		16	9%

7. How many days per month do you miss work because of a headache?


1 or fewer		86	49%
2-5		50	28%
5 or more		40	23%
Total		176	100%

8. If missing work due to a headache, what is another reason you give for being absent, if you choose not to state that you have a headache? Please specify.




57 Responses

9. Have your headaches ever caused you to skip a family or social event?






Yes		182	94%
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No		11	6%
Total		193	100%






10. How many days in the last year did you miss family or social events because of a headache?

1 or fewer		23	12%
2-5		81	43%
5 or more		85	45%
Total		189	100%




11. If yes, did you tell your family or friends about your headache?

Yes, I did and my family and/or friends accepted my headache		159	83%
Yes, I did, but next time I would not be truthful about the reason		10	5%
No, I don't feel my family and/or friends would accept my headache as a reason to miss an event		11	6%
No, I don't feel my family and/or friends need to know my personal health information		8	4%
I have never skipped a family or social event due to a headache		4	2%
Total		192	100%






12. If yes, have you ever experienced resentment from your family or friends?

Yes, my family and/or friends seem to resent me skipping events because of my headaches		38	20%
Yes, my family and/or friends dismiss headache as a reason to miss events		26	14%
No, my family and/or friends accept the my headaches as a reason to miss events		113	60%
No, I do not share my personal health information with my family and/or friends		7	4%
I have never missed an event due to a headache		5	3%
Total		189	100%



13. Have you ever felt embarrassed to tell your healthcare provider about your headaches?

Yes		50	26%
No		137	71%
I've never seen a healthcare provider about my headaches		7	4%
Total		194	100%





14. If yes, why did you feel you couldn't tell your healthcare provider about your headaches?

Headache may not be viewed as a real disease		14	12%
Headache isn't something my doctor can treat		3	3%
My doctor wouldn't believe me		4	3%
I should be able to "tough it out"		15	13%
I have told my doctor about my headache		83	70%
Total		119	100%

15. Do you talk to your spouse or partner about your headaches

Yes		170	90%
No		18	10%
Total		188	100%






16. If no, why?

My spouse/partner wouldn't believe me		1	1%
My spouse/partner doesn't experience headaches and s/he wouldn't understand my pain		10	12%
My spouse/partner doesn't believe headache is a real disease		5	6%
I talk to my spouse/partner about my headaches		68	81%
Total		84	100%

17. Have you ever not been truthful about missing work or another function because of headaches?

Yes		82	42%
No		112	58%
Total		194	100%






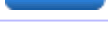
18. If yes, why did you not tell the truth? (Choose all that apply)

Headaches are not a real disease		9	10%
When I've told the truth in the past, people dismiss headache as a reason to miss an event		40	43%
I am embarrassed to miss events because of my headaches		32	35%
I should be able to "tough it out"		33	36%
I don't feel like anyone else needs to know		14	15%

19. How long have you experienced headaches?

1-5 years		55	28%
6-10 years		35	18%
11-15 years		28	14%
16-20 years		23	12%
More than 20 years		53	27%
Total		194	100%

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



Male		23	12%
Female		161	83%
Under 20		13	7%
Age 21 – 35		59	30%
Age 36 – 50		81	42%
Over 50		22	11%

21. At what age did you first experience headache?










Less than 10 years old		36	19%
11-15 years old		53	27%
16-20 years old		30	16%
21-30 years old		34	18%
31-40 years old		24	12%
After age 40		16	8%

Total	193	100%
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22. Are you a member of the National Headache Foundation?

Yes		20	10%
No		174	90%
Total		194	100%

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

Physician		16	8%
Friend		5	3%
Employer/Manager		3	2%
Internet		146	76%
Newspaper		3	2%
Magazine		4	2%
TV		2	1%
Radio		2	1%
Other, please specify		11	6%
Total		192	100%



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