

Hangovers, Headaches, & The Holidays

Survey Results



SHARE

1. Have you ever experienced a hangover headache?

Yes		29	81%
No		7	19%
Total		36	100%

2. How frequently do you experience a hangover?

Never		7	20%
Once a week		0	0%
2-3 times a month		5	14%
Once a month		3	9%
6 or fewer times a year		20	57%
Total		35	100%

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

Yes		24	69%
No		11	31%
Total		35	100%

4. Do you avoid alcoholic beverages entirely?




Yes		12	33%
No		24	67%
Total		36	100%

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



Yes		25	69%
No		11	31%
Total		36	100%

6. Does your average intake of alcoholic beverages change during the holiday season?








Yes, I typically consume more			
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alcoholic beverages during the holiday season		13	36%
No, I typically consume less alcoholic beverages during the holiday season		4	11%
No, I typically drink the same amount of alcoholic beverages during the holiday season as I do the rest of the year		19	53%
Total		36	100%






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


Yes		12	34%
No		23	66%
Total		35	100%

8. If hangover headaches are more prevalent during the holidays, to what do you attribute your increase in alcohol consumption? Please select all that apply.








Increase in occasions where alcoholic beverages are available		13	65%
Increase in stress due to financial restrictions		4	20%
Increase in stress due to time restrictions		7	35%
Increase in stress due to family obligations		7	35%
Increase in stress due to travel		6	30%
Change in weather		5	25%
Other, please specify		3	15%

9. Are other types of headache more prevalent for you during the holiday season?




No		9	25%
Yes, I experience more migraine headaches		9	25%
Yes, I experience more tension-type headaches		6	17%
Yes, I experience more chronic daily headaches		3	8%
Yes, I experience more cluster headaches		0	0%
Yes, I experience more sinus headaches		2	6%
Yes, I experience more		0	0%

allergy headaches			
Yes, I experience more headaches, but I'm not sure what type		7	19%
		Total	36
			100%



10. If you experience an increase in migraine, tension-type or chronic daily headaches, during the holidays, to what do you attribute your headaches increase? Please select all that apply.

Increase in stress due to financial restrictions		12	41%
Increase in stress due to time restrictions		13	45%
Increase in stress due to family obligations		12	41%
Increase in stress due to travel		8	28%
Change in weather		12	41%
I do not experience migraine, tension-type or chronic daily headaches		0	0%
I do not know why my migraine, tension-type or chronic daily headaches increase		9	31%
Other, please specify		1	3%

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

1–2 alcoholic beverages		19	59%
3–4 alcoholic beverages		7	22%
More than 4 alcoholic beverages		6	19%
		Total	32
			100%



12. What is your alcoholic drink of choice?

Beer		7	19%
Red wine		5	14%
White wine		1	3%
Champagne		4	11%
Mixed drink		11	31%
Straight alcohol		1	3%
None		7	19%
		Total	36
			100%






13. Do you find one type of alcoholic beverage more frequently causes headaches? If yes, please select which type of alcohol provokes headaches more frequently

Beer		5	14%
Red wine		11	31%
White wine		2	6%
Champagne		5	14%
Mixed drink		1	3%
Straight alcohol		4	11%
No		7	20%
Total		35	100%




14. Do you typically consume food while drinking alcoholic beverages?

Yes		29	88%
No		4	12%
Total		33	100%



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

Migraine		23	64%
Tension-type headache		5	14%
Chronic daily headache		4	11%
Cluster headache		0	0%
Sinus headache		2	6%
Allergy headache		0	0%
Not sure		2	6%
Other, please specify		0	0%
Total		36	100%

16. How long have you experienced headaches?

1–5 years		3	8%
6–10 years		7	19%
11–15 years		6	17%
16–20 years		4	11%
More than 20 years		16	44%
Total		36	100%

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

Male		3	8%
Female		30	83%
Under 20		0	0%

Age 21–35		19	53%
Age 36–50		10	28%
Over 50		4	11%

18. At what age did you first experience headache?

Less than 10 years old		13	36%
11-15 years old		9	25%
16-20 years old		7	19%
21-30 years old		4	11%
31-40 years old		2	6%
After age 40		1	3%
Total		36	100%

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

Yes		6	17%
No		30	83%
Total		36	100%

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

Physician		6	17%
Friend		1	3%
Employer/Manager		0	0%
Internet		22	61%
Newspaper		2	6%
Magazine		1	3%
TV		2	6%
Radio		1	3%
Other, please specify		1	3%
Total		36	100%



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