

## Sex and Headaches

### Survey Results



#### 1. Do you suffer from headaches?

Yes		135	96%
No		6	4%
Total		141	100%

#### 2. Are you sexually active?

Yes		135	96%
No		6	4%
Total		141	100%

#### 3. Has sex ever triggered a headache?

Yes		64	46%
No		76	54%
Total		140	100%

#### 4. If yes, how many times have you experienced a headache during sexual activity?

One to three times		25	21%
Four to six times		25	21%
Seven to nine times		4	3%
Ten or more times		19	16%
None		46	39%
Total		119	100%

#### 5. How does sexual activity impact the frequency of your headaches?

Increased sexual activity reduces the frequency/severity of my headaches		27	20%
Increased sexual activity increases the frequency/severity of my headaches		19	14%
Sexual activity induces headaches		28	20%

No impact at all		51	37%
Other, please specify		12	9%
Total		137	100%

**6.** How would you describe the onset of the headaches during sexual activity?

A dull ache in the head and neck that intensifies as sexual excitement increases.		20	21%
Sudden, severe headache pain occurring at orgasm.		22	23%
Headache develops after sexual activity and is worse when standing up than lying down.		32	33%
Other, please specify		23	24%
Total		97	100%

**7.** How long do the headaches associated with sexual activity typically last?

They stop when sexual activity is ceased		10	11%
1 - 15 minutes		12	14%
15 - 30 minutes		15	17%
30 - 60 minutes		13	15%
More than an hour		37	43%
Total		87	100%



**8.** How have your sex-associated headaches impacted sexual activity? (Please select all that apply)

No longer sexually active		3	3%
Have decreased sexual activity somewhat		29	26%
Have decreased sexual activity significantly		18	16%
Have increased sexual activity		7	6%
No effect at all		52	46%
Other, please specify		4	4%



**9.** Have you ever spoken with your health care provider about headaches associated with sexual activity?

Yes		17	12%
No		120	88%
Total		137	100%



**10.** Have you ever avoided sex because of a headache?

Yes		96	70%
No		42	30%
Total		138	100%



**11.** If yes, has the avoidance caused a strain on your relationship?

Yes		45	37%
No		78	63%
Total		123	100%



**12.** Did you tell your partner that your headache was why you did not have sex?

Yes		91	71%
No		38	29%
Total		129	100%



**13.** Is your partner sympathetic when you defer sex because of a headache?

Yes		88	69%
No		40	31%
Total		128	100%

**14.** Have you ever not been truthful about skipping sex because of a headache?

Yes		49	37%
No		82	63%
Total		131	100%



**15.** Would you like to hear from the NHF about tips to better manage your headaches in 2008?




Yes		89	66%
No		46	34%
Total		135	100%

**16.** Are there any specific topics related to headache management for which you would like tips or information from the NHF?  
Please specify.







22 Responses

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

1-5 years		47	35%
6-10 years		25	19%

11-15 years		16	12%
16-20 years		12	9%
More than 20 years		34	25%
Total		134	100%

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

Male		39	28%
Female		85	62%
Under 20		5	4%
Age 21 – 35		70	51%
Age 36 – 50		35	26%
Over 50		12	9%










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

Less than 10 years old		24	18%
11-15 years old		37	27%
16-20 years old		31	23%
21-30 years old		25	18%
31-40 years old		12	9%
After age 40		8	6%
Total		137	100%

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

Yes		12	9%
No		124	91%
Total		136	100%

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

Physician		15	11%
Friend		5	4%
Employer/Manager		4	3%
Internet		83	60%
Newspaper		1	1%
Magazine		2	1%
TV		13	9%
Radio		7	5%
Other, please specify		10	7%



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