

## Headaches & The Workplace Survey Results



### 1. Do you suffer from headaches?

Yes		378	99%
No		3	1%
Total		381	100%

### 2. Are you employed outside of the home?

Yes		349	92%
No		29	8%
Total		378	100%

### 3. Is Your Position Primarily:

Management/Executive Level		133	36%
Administrative/Clerical		177	48%
Sales/Retail		22	6%
Labor/Construction		36	10%
Total		368	100%

### 4. Do you suffer from headaches while at work?












Yes		373	99%
No		5	1%
Total		378	100%

### 5. If yes, do most of your headaches occur while on the job?



Yes		139	37%
No		236	63%
Total		375	100%

### 6. What triggers headaches for you while at work?&nbsp;Please select all that apply.

Work-related stress		250	67%
High efficiency, low energy light bulbs		46	12%

Bright or Flickering Lights		148	40%
Florescent Lighting		149	40%
Computer Screen Glare		163	44%
Hunger		164	44%
Extreme Heat or Cold		83	22%
Loud Noises		126	34%
Intense Smells/Odors		157	42%
Smoke		47	13%
Change in Routine		41	11%
Eye Strain		181	49%
Other, please specify		77	21%













**7.** If experiencing a headache at work, do you tell your supervisor?

Yes		129	34%
No		251	66%
Total		380	100%

**8.** If not, why not? (Please specify.)

208 Responses

**9.** If experiencing a headache at work, how do you treat it? Please select all that apply.

Take an over-the-counter product		278	73%
Take a prescription product		182	48%
Take a natural product or supplement		20	5%
Turn off lights		75	20%
Rest quietly in your office or employee lounge		81	21%
Drink a caffeinated beverage		162	43%
Eat a meal or snack		158	42%
Take a brisk walk		22	6%
Go home		126	33%
Call your healthcare provider		25	7%
Do nothing, suffer through		165	43%
Other, please specify		26	7%

**10.** Have headaches ever affected your performance at work?

Yes		343	90%
No		38	10%
Total		381	100%

**11.** If answered 'Yes' to question 10, how was your performance affected? Please check all that apply.

Less productive (or accomplished less?)		307	90%
Unable to perform certain tasks		156	45%
More prone to making mistakes		180	52%
Less able to concentrate		307	90%
Missed an appointment or meeting		51	15%
Unable to meet deadlines		48	14%
Change in mood or behavior		258	75%

**12.** Have you ever had to miss work because of headaches?

Yes		294	77%
No		87	23%
Total		381	100%



**13.** On average, how many times per month do you miss work because of headaches?

0 Times a month		160	42%
1-3 times a month		190	50%
4-7 times a month		19	5%
8-10 times a month		1	0%
More than 10 times a month		7	2%
Total		377	100%


**14.** If you answered 'Yes' to question 12, how did your supervisor react to your headache-related absence?

S/he was sympathetic		202	61%
S/he was not sympathetic		84	25%
I have never missed work because of a headache		46	14%
Total		332	100%



**15.** Is your supervisor:

Male		177	47%
Female		197	53%
Total		374	100%



**16.** Has the issue of work-related headache ever been addressed at your place of employment?

Yes		53	14%
No		320	86%
Total		373	100%



**17.** Does your employer provide information regarding headaches that occur at the workplace?

Yes		25	7%
No		348	93%
Total		373	100%

**18.** Have you consulted your healthcare provider about treatment or prevention for headaches that occur at the work place?

Yes		230	61%
No		147	39%
Total		377	100%

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

Yes		263	70%
No		112	30%
Total		375	100%







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

87 Responses

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

1-5 years		70	19%
6-10 years		74	20%
11-15 years		67	18%
16-20 years		50	13%
More than 20 years		117	31%
Total		378	100%







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

Male		69	18%
Female		293	77%
Under 20		13	3%
Age 21-35		160	42%
Age 36-50		140	37%
Over 50		44	12%

**23.** At what age did you first experience a headache?

Less than 10 years old		86	23%
11-15 years old		102	27%
16-20 years old		90	24%
21-30 years old		72	19%
31-40 years old		20	5%
After age 40		10	3%
<b>Total</b>		<b>380</b>	<b>100%</b>

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

Physician		29	8%
Friend		15	4%
Employer/Manager		17	4%
Internet		229	61%
Newspaper		3	1%
Magazine		5	1%
TV		38	10%
Radio		29	8%
Other, please specify		13	3%
<b>Total</b>		<b>378</b>	<b>100%</b>



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