

## Back-to-School & Headaches Survey Results



**1.** Do you have one or more children attending school? (If you answer no, this survey might not be appropriate for you to complete.)

Yes		45	98%
No		1	2%
Total		46	100%

**2.** If yes, how many school aged children do you have?

45 Responses

**3.** Please indicate the age(s) and gender(s) of your child/children.

45 Responses

**4.** Has your child ever complained of experiencing headaches while in school? (If no, this survey might not be appropriate for you to complete.)

Yes		41	91%
No		4	9%
Total		45	100%

**5.** If yes, please indicate below which child has headaches and respond to the following questions only for that child.

Child 1		29	69%
Child 2		12	29%
Child 3		1	2%
Child 4		0	0%
Child 5		0	0%
Total		42	100%

**6.** Does your child seem to complain more frequently of experiencing headaches during the school year as opposed to during summer months or vacation? (Please answer Yes or No)

42 Responses

**7.** What triggers your child's headaches while in school? Choose all that apply.




Top number is the count of respondents selecting the option.	Child 1	Child 2	Child 3	Child 4	Child 5
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Bottom % is percent of the total respondents selecting the option.						
Computer usage	11 79%	3 21%	0 0%	0 0%	0 0%	0 0%
Eye strain	15 71%	6 29%	0 0%	0 0%	0 0%	0 0%
Stress or anxiety	26 76%	7 21%	1 3%	0 0%	0 0%	0 0%
Bullying	7 78%	2 22%	0 0%	0 0%	0 0%	0 0%
Changes in sleep habits	18 67%	8 30%	1 4%	0 0%	0 0%	0 0%
Dietary changes	11 69%	4 25%	1 6%	0 0%	0 0%	0 0%
Physical activity	12 86%	2 14%	0 0%	0 0%	0 0%	0 0%
Pressure to fit in with peers	11 92%	1 8%	0 0%	0 0%	0 0%	0 0%
Pressure to excel academically	15 79%	4 21%	0 0%	0 0%	0 0%	0 0%
Competition on a sporting team or school activity	6 86%	1 14%	0 0%	0 0%	0 0%	0 0%
Lack of self esteem	9 82%	2 18%	0 0%	0 0%	0 0%	0 0%
Depression	10 77%	3 23%	0 0%	0 0%	0 0%	0 0%
Problems at home	7 70%	3 30%	0 0%	0 0%	0 0%	0 0%





**8.** Has your child ever missed school or class due to a headache? (Please answer Yes or No.)

42 Responses




**9.** If yes, on average, how many school days has he/she missed due to a headache?

1-3 days per year		15	50%
3-7 days per year		9	30%
More than 7 days per year		6	20%
Total		30	100%

**10.** Is your child permitted to take his/her headache medication while at school?

Yes		23	58%
No		6	15%
Sometimes		3	8%
Not Sure		8	20%
Total		40	100%

- 11.** Is there a school nurse or health professional to provide the medication to the child, if needed? (If no, please indicate in the extra box what steps are taken to ensure your child is adequately cared for.)

Yes		28	68%
No		5	12%
If no, please specify:		8	20%
Total		41	100%

- 12.** What non-medicated treatments has your child used to control his/her headaches?

Top number is the count of respondents selecting the option. Bottom % is percent of the total respondents selecting the option.	Child 1	Child 2	Child 3	Child 4	Child 5
Rest or sleep	28 70%	10 25%	2 5%	0 0%	0 0%
Exercising/physical activity	5 100%	0 0%	0 0%	0 0%	0 0%
Drinking water	21 78%	6 22%	0 0%	0 0%	0 0%
Eating a snack	20 87%	3 13%	0 0%	0 0%	0 0%
Leaving school	17 77%	5 23%	0 0%	0 0%	0 0%
Biofeedback	3 100%	0 0%	0 0%	0 0%	0 0%
Relaxation techniques	16 89%	2 11%	0 0%	0 0%	0 0%
Stress reduction	9 82%	2 18%	0 0%	0 0%	0 0%

- 13.** Would you like to hear from the NHF about tips for your child to better manage his/her headaches in the 2008/2009 school year?

26 Responses

- 14.** Are there any specific topics related to your child's headache management for which you would like tips or information from the NHF? Please specify.

16 Responses

- 15.** At what age did your child or children first experience headache?

Less than 10 years old		31	74%
11-15 years old		11	26%
16-19 years old		0	0%

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









Yes		6	14%
No		38	86%

Total

44

100%

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

Physician		3	7%
Friend		1	2%
Employer/Manager		0	0%
Internet		28	64%
Newspaper		1	2%
Magazine		2	5%
TV		7	16%
Radio		3	7%
Other, please specify		1	2%

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