

Headaches & Depression



Survey Results



1. Do you suffer from headaches?

Yes		352	99%
No		5	1%
Total		357	100%




2. Do you suffer from any symptoms of depression?

Yes		284	80%
No		72	20%
Total		356	100%




3. If yes, please select all that apply.

Sad mood		209	67%
Loss of interest or pleasure in activities that were once enjoyed		211	68%
Change in appetite or weight		139	45%
Difficulty sleeping or oversleeping		235	75%
Physical slowing or agitation		151	48%
Energy loss		247	79%
Feelings of worthlessness or inappropriate guilt		148	47%
Difficulty thinking or concentrating		208	67%
Recurrent thoughts of death or suicide		74	24%
No, I do not suffer from symptoms of depression		25	8%



4. If yes, do you feel like your depression and headaches are linked?

Yes		126	42%
No		125	42%
Sometimes, please specify		47	16%
Total		298	100%




5. If yes, which condition was first?

Depression		45	19%
Headache		125	53%
Unsure		67	28%
Total		237	100%








6. Have you been diagnosed with depression by a healthcare provider?

Yes		179	52%
No		166	48%
Total		345	100%








7. Have you ever received medical treatment for depression?

Yes, currently receiving medical treatment for depression		136	40%
Yes, have received medical treatment in the past for depression		64	19%
No, I have never received medical treatment for depression		144	42%
Total		344	100%



8. What type of treatments(s) have you used to treat your depression? Please select all that apply.

Prescription medication		193	75%
Herbal/alternative therapies		36	14%
Psychotherapy/counseling		115	44%
Lifestyle modifications		80	31%
Stress reduction techniques		99	38%
Exercise		118	46%
Other, please specify		14	5%








9. If you take medication for depression and also suffer from headache, does your medication affect your headaches?

Yes, it helps relieve my headache pain		11	4%
Yes, I suffer less from headaches while taking medication for my depression		20	7%
Yes, it makes my headache pain worse		7	2%
Yes, my headaches occur more frequently while taking medication for depression		7	2%
No, my medication has no effect on my headaches		101	35%
No, I do not take medication for depression		121	42%
Other, please specify		20	7%
Total		287	100%




10. Do you take medication for your headache?





Yes		338	95%
No		18	5%
Total		356	100%

11. If so, what type do you use? Please select all that apply.


Over-the-counter pain reliever		239	69%
Prescription medication		208	60%
Biofeedback		10	3%
Psychotherapy/counseling		14	4%
Exercise		53	15%
Herbal/alternative therapies		52	15%
Other, please specify		23	7%

12. If you take medication for headache and also suffer from depression, does your medication affect your depression?



Yes, it helps relieve my depressive symptoms		15	5%
Yes, I suffer less from depression while taking medication for headaches		22	8%
Yes, it makes my depression worse		8	3%
Yes, my depressive			

symptoms occur more frequently while taking medication for headaches		6	2%
No, my medication has no effect on my depression		199	72%
No, I do not take medication for headaches		13	5%
Other, please specify		22	8%




13. Do you use medication to treat both your headache and depression?

Yes		105	32%
No		225	68%
Total		330	100%

14. Do you feel more depressed when you are suffering from a headache?

Yes		237	71%
No		95	29%
Total		332	100%





15. Would you consider your life happier if you no longer suffered from headaches?

Yes		321	92%
No		14	4%
Possibly. Please explain:		14	4%
Total		349	100%

16. How long have you experienced headaches?

1-5 years		93	26%
6-10 years		66	19%
11-15 years		45	13%
16-20 years		49	14%
More than 20 years		101	29%
Total		354	100%

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

Male		58	16%
Female		280	78%
Under 20		30	8%
Age 21 – 35		125	35%

Age 36 – 50		125	35%
Over 50		59	17%

18. At what age did you first experience headache?

Less than 10 years old		75	21%
11-15 years old		80	23%
16-20 years old		75	21%
21-30 years old		63	18%
31-40 years old		28	8%
After age 40		32	9%
Total		353	100%

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

Yes		34	10%
No		320	90%
Total		354	100%

20. How did you learn about the National Headache Foundation? Please select all that apply.

Physician		30	8%
Friend		11	3%
Employer/Manager		3	1%
Internet		241	68%
Newspaper		3	1%
Magazine		10	3%
TV		22	6%
Radio		21	6%
Other, please specify		29	8%



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