

The Mother-Daughter Headache Relationship Survey Results



1. Have you been diagnosed with migraine by a healthcare provider?

Yes		222	94%
No		15	6%
Total		237	100%

2. If you have not been diagnosed, do you believe you suffer from migraine?









Yes		77	95%
No		4	5%
Total		81	100%

3. Check all the symptoms that you experience.




Pain on one side of the head		209	89%
Pulsating or throbbing quality of pain		203	86%
Nausea or vomiting		191	81%
Sensitivity to light		214	91%
Sensitivity to sound		194	82%
Attacks last 4 to 72 hours or more		221	94%
Visual disturbances or aura		114	48%
Increased pain with exertions		198	84%
Headache pain occurs immediately before, during or after menstrual cycle		134	57%
Other, please specify		66	28%

4. How do you treat your migraines? Check all that apply.


Over-the-counter medicines		135	57%
Prescription medicines		215	91%
Herbal supplements		38	16%
Lying in a dark room		179	76%

Biofeedback/relaxation techniques		58	25%
Massage		64	27%
Exercise		43	18%
Diaphragmatic breathing		28	12%
Acupressure/acupuncture		37	16%
Cold/hot compress		162	69%
Sleep		179	76%
Psychotherapy/counseling		19	8%
I do not treat my migraines		1	0%



5. How would you describe the impact of migraine on your life?

Very disruptive		156	67%
Somewhat disruptive		75	32%
Not disruptive at all		3	1%
Total		234	100%

6. Has your mother been diagnosed with migraine by a healthcare provider?








Yes		130	56%
No		104	44%
Total		234	100%




7. If she has not been diagnosed, do you believe she suffers/suffered from migraine?

Yes		83	64%
No		47	36%
Total		130	100%









34 Responses

8. What symptoms did you observe your mom experiencing, and what symptoms did she describe? Check all that apply.


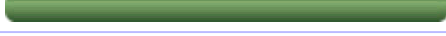

Pain on one side of the head		127	65%
Pulsating or throbbing quality of pain		148	76%
Nausea or vomiting		127	65%
Sensitivity to light		156	80%
Sensitivity to sound		132	68%
Attacks last 4 to 72 hours or more		145	74%
Visual disturbances or aura		57	29%

Increased pain with exertions		94	48%
Headache pain occurs immediately before, during or after menstrual cycle		53	27%
Other, please specify		28	14%


9. How does your mother treat her migraine headaches?

Over-the-counter medicines		133	67%
Prescription medicines		86	43%
Herbal supplements		12	6%
Lying in a dark room		122	62%
Biofeedback/relaxation techniques		9	5%
Massage		12	6%
Exercise		9	5%
Diaphragmatic breathing		6	3%
Acupressure/acupuncture		7	4%
Cold/hot compress		87	44%
Sleep		136	69%
Psychotherapy/counseling		0	0%
She does not treat her migraines/headaches		7	4%
I do not know how/whether she treats her migraines/headaches		16	8%

10. Would you describe the impact of migraine on your mother's life as being/having been:

Very disruptive		62	31%
Somewhat disruptive		119	59%
Not disruptive at all		21	10%
Total		202	100%

11. Have you and your mom discussed your experiences with migraine?

Yes		191	86%
No		32	14%
Total		223	100%

12. If yes, did the conversation help you to take steps to reduce the impact of migraine on your life?



Yes		100	49%
No		104	51%

Total	204	100%
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13. Are you taking care of your migraines differently than your mom took care of her migraines?

Yes		189	90%
No		21	10%
Total		210	100%

14. Are you doing more to take care of your migraines than your mom did to take care of her migraines?


Yes		173	86%
No		29	14%
Total		202	100%

146 Responses



15. Do you think you suffer less with migraines than your mom did because you had the benefit of knowing about her experiences?

Yes		48	23%
No		159	77%
Total		207	100%

16. Did you seek treatment for your migraines sooner in your life because of your mother's experience?

Yes		111	53%
No		99	47%
Total		210	100%



17. Did you not seek treatment for your migraines because your mother did not seek treatment?

Yes		23	12%
No		167	88%
Total		190	100%






18. In what ways has your mother's experience with migraine influenced how you address migraine in your own life?

154 Responses

19. If you have a daughter, thinking of your own experience, would you make an effort to educate her about migraines and migraine care strategies if/when she begins to experience them?

Yes		176	97%
No		6	3%
Total		182	100%






20. Tell us about yourself by checking the appropriate boxes.

Female		183	78%
Male		13	6%
Under 20		5	2%
Age 21-35		64	27%
Age 36-50		97	41%
Over 50		63	27%

21. At what age did you first experience headaches?

Less than 10 years old		68	29%
Age 11-15		62	26%
Age 16-20		53	22%
Age 21-30		33	14%
Age 31-40		15	6%
After age 40		5	2%
Total		236	100%

22. How long have you experienced headaches?

1-5 years		13	6%
6-10 years		14	6%
11-15 years		31	13%
16-20 years		25	11%
More than 20 years		152	65%
Total		235	100%



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