

Headache/Migraine Questionnaire

Name \_\_\_\_\_ Date \_\_\_\_\_



Please mark on drawing where the pain is located.

1. What is the nature of the pain?
  - a. Dull (def)
  - b. Throbbing (LR)
  - c. Stabbing (BI stasis)
  - d. Feeling of heaviness, muzziness, as though head were wrapped in cloth (damp/phl)
  - e. Other \_\_\_\_\_
  
2. How often do you get a headache/migraine? (i.e. 3 times per week...)
 

\_\_\_\_\_
  
3. What other symptoms accompany your headaches?
  - a. Nausea/Vomiting (LR inv ST, jueyin revrsal)
  - b. Difficulty with concentration (damp/phl)
  - c. Mood swings (LR)
  - d. Dizziness (LR)
  - e. Light/noise sensitivity
  - f. Floaters (LR)
  - g. Other \_\_\_\_\_
  
4. What makes the symptoms better?
  - a. Lying down (def)
  - b. Cold pack
  - c. Heat
  - d. Movement/exercise (stag)
  - e. Other \_\_\_\_\_

5. What makes the symptoms worse?
  - a. Lying down/reclining (LR)
  - b. Cold pack
  - c. Heat
  - d. Movement/exercise (stasis)
  - e. Weather (please describe) \_\_\_\_\_
  - f. Other \_\_\_\_\_
  
6. Are the headaches worse at a certain time of day?
  - a. Worse in morning (damp) or daytime (def qi/yang)
  - b. Worse at night (def bl/yin)
  
7. WOMEN- Do your headaches correspond to your monthly cycle? If yes, when during your cycle do you get headaches?
  - a. During your period (LR fire or bl stasis)
  - b. At the end or after your period (Bl def)
  - c. Around the time of ovulation (KD yang def)
  - d. Prior to onset of period (pre-menstrual) (LR)