

# Headache Impact Test (HIT-6)

Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Date of assessment: \_\_\_\_\_ Contact information: \_\_\_\_\_

**Instructions:** The Headache Impact Test (HIT-6) questionnaire was designed to help you describe and communicate the way you feel and what you cannot do because of headaches. To complete, select one response for each question.

1. When you have headaches, how often is the pain severe?

Never       Rarely       Sometimes       Very often       Always

2. How often do headaches limit your ability to do usual daily activities including household work, work, school or social activities?

Never       Rarely       Sometimes       Very often       Always

3. When you have a headache, how often do you wish you could lie down?

Never       Rarely       Sometimes       Very often       Always

4. In the past 4 weeks, how often have you felt too tired to do work or daily activities because of your headaches?

Never       Rarely       Sometimes       Very often       Always

5. In the past 4 weeks, how often have you felt fed up or irritated because of your headaches?

Never       Rarely       Sometimes       Very often       Always

6. In the past 4 weeks, how often did headaches limit your ability to concentrate on work or daily activities?

Never       Rarely       Sometimes       Very often       Always

Never (6 points each): \_\_\_\_\_ + Rarely (8 points each): \_\_\_\_\_ + Sometimes (10 points each): \_\_\_\_\_

Very often (11 points each): \_\_\_\_\_ + Always (13 points each): \_\_\_\_\_ = Total score: \_\_\_\_\_

## Scoring and interpretation

To calculate the total score, sum the points for all six questions. The total score will range from 36 to 78 points. The four headache impact severity categories are:

- **Little or no impact:** 49 or less
- **Some impact:** 50–55
- **Substantial impact:** 56–59
- **Severe impact:** 60–78

## Reference

Yang, M., Rendas-Baum, R., Varon, S. F., & Kosinski, M. (2011). Validation of the Headache Impact Test (HIT-6™) across episodic and chronic migraine. *Cephalalgia: An International Journal of Headache*, 31(3), 357–367. <https://doi.org/10.1177/0333102410379890>