Headache Impact Test (HIT-6)

	Contact ir		
		et information:	
daches, how ofter	is the pain severe?		
Rarely	Sometimes	Very often	Always
ches limit your ab	ility to do usual daily act	ivities including househ	nold work, work,
Rarely	Sometimes	O Very often	Always
adache, how ofter	do you wish you could	lie down?	
Rarely	Sometimes	O Very often	Always
how often have yo	ou felt too tired to do wor	rk or daily activities bec	ause of your
Rarely	Sometimes	Very often	Always
how often have yo	ou felt fed up or irritated	because of your headac	ches?
Rarely	Sometimes	O Very often	Always
how often did hea	daches limit your ability	to concentrate on work	or daily activities?
Rarely	Sometimes	Very often	Always
+ Rarely (8 points each):		+ Sometimes (10 points each):	
	daches, how often Rarely ches limit your abivities? Rarely adache, how often Rarely how often have you Rarely how often have you Rarely how often did hea Rarely + Rarely	daches, how often is the pain severe? Rarely Sometimes ches limit your ability to do usual daily act vities? Rarely Sometimes adache, how often do you wish you could Rarely Sometimes how often have you felt too tired to do word Rarely Sometimes how often have you felt fed up or irritated Rarely Sometimes how often did headaches limit your ability Rarely Sometimes how often did headaches limit your ability Rarely Sometimes how often did headaches limit your ability Rarely Sometimes	Rarely Sometimes Very often ches limit your ability to do usual daily activities including houser vities? Rarely Sometimes Very often adache, how often do you wish you could lie down? Rarely Sometimes Very often how often have you felt too tired to do work or daily activities become Become Activities Become Become Activities Become Becom

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