



Migraine.com

MIDAS:

# Migraine Disability Assessment Questionnaire

A patient guide from Migraine.com



It is our goal to create the best and largest online community of experts and patients dedicated exclusively to migraines. On the following pages you will find excerpts from Migraine.com. Visit the site for more in-depth articles, expert advice, online tools, forums, and more.

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# Introduction to MIDAS

The following questionnaire was developed to help you and your doctor or healthcare provider determine the impact migraine is having on your daily life. Complete the printed test and share the results with your doctor.

This test does not provide a complete picture of your migraines, or how they should be treated. Your doctor will need other information in addition to the MIDAS test.

A migraine journal can reveal patterns and other information that can be helpful to your doctor. You can find an online journal, as well as information, forums, and more on [Migraine.com](https://www.migraine.com).



## Did you know?

Try the Migraine.com  
Migraine Meter - our online  
journal for recording all of  
your symptoms, triggers,  
treatments and more.  
Find it on [Migraine.com](https://www.migraine.com).

# Migraine Disability Assessment Questionnaire

On how many days in the last 3 months did you miss work or school because your headaches?

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How many days in the last 3 months was your productivity at work or school reduced by half or more because of your headaches? (Do not include days you counted in question 1 where you missed work or school.)

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On how many days in the last 3 months did you not do household work because of your headaches?

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How many days in the last three months was your productivity in household work reduced by half or more because of your headaches? (Do not include days you counted in question 3 where you did not do household work.)

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On how many days in the last 3 months did you miss family, social or leisure activities because of your headaches?

# Your MIDAS level of disability

Enter the total number of days you entered in questions 1-5. This is your MIDAS level of disability.

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**0 to 5** - *MIDAS Grade I, Little or no disability*

**6 to 10** - *MIDAS Grade II, Mild disability*

**11 to 20** - *MIDAS Grade III, Moderate disability*

**21+** - *MIDAS Grade IV, Severe disability*

## Additional Questions

On how many days in the last 3 months did you have a headache? (If a headache lasted more than 1 day, count each day.)

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On a scale of 0 to 10, on average how painful were these headaches? (where 0 = no pain at all and 10 = pain as bad as it can be.)

# Talking to your doctor

If you have migraine symptoms that keep returning, discuss them with your primary care doctor or a headache specialist. Preparing in advance will help you make the most of your visit.

## Be prepared

If possible, answer the following questions before your visit:

**How often do migraines occur?**

**What other symptoms do you have?**

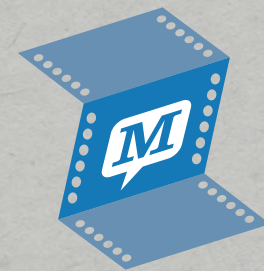
**Have any migraine triggers or causes have been identified?**

**Have you suffered any head injuries?**

**Are you taking any medications?**

**When did the migraine symptoms first begin?**

**Does anyone else in your immediate family suffer from migraines?**



## report

### Did you know?

When you use the Migraine Meter, your migraine information can be printed or shared in a report for your doctor. Find it on [Migraine.com](http://Migraine.com).