Lifting The Burden
in Official Relations with
the World Health Organization
The Global Campaign against Headache

HALT-90 Index*
(Headache-Attributed Lost Time – 90 days)

Please answer these questions carefully

1. On how many days in the last three months could you not go to work or school because of your headaches?

2. On how many days in the last three months could you do less than half your usual amount in your job or schoolwork because of your headaches? (Do not include days you counted in question 1 where you missed work or school.)

3. On how many days in the last three months could you not do any household work because of your headaches? (Do not include days you counted in questions 1 or 2.)

4. On how many days in the last three months could you do less than half your usual amount of household work because of your headaches? (Do not include days you counted in any of the previous questions.)

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

Grading (I-IV indicate, in order, increasing need for medical care; either III or IV indicates high need)

- 0-5: Minimal or infrequent impact Grade I
- 6-10: Mild or infrequent impact Grade II
- 11-20: Moderate impact Grade III
- 20+: Severe impact Grade IV

*HALT is closely based on the first five questions of MIDAS, developed by RB Lipton and WF Stewart.
Please answer these questions carefully

1. On how many days in the last month could you not go to work or school because of your headaches?  

2. On how many days in the last month could you do less than half your usual amount in your job or schoolwork because of your headaches? (Do not include days you counted in question 1 where you missed work or school.)

3. On how many days in the last month could you not do any household work because of your headaches? (Do not include days you counted in questions 1 or 2.)

4. On how many days in the last month could you do less than half your usual amount of household work because of your headaches? (Do not include days you counted in any of the previous questions.)

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

TOTAL

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## Lifting The Burden

in Official Relations with
the World Health Organization

The Global Campaign against Headache

### HALT-7/30 Index*

(Headache-Attributed Lost Time – 7 and 30 days)

Your answers to the five simple questions will help us provide a service for people with headache.

Please answer these questions carefully

<table>
<thead>
<tr>
<th>Question</th>
<th>Instructions</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>On how many <strong>days</strong> in the <strong>last month</strong> did you have a headache? (enter the number between 0 and 30)</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>On how many <strong>days</strong> in the <strong>last month</strong> could you <strong>not go</strong> to work or school because of a headache? (enter the number between 0 and 30)</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>On how many <strong>days</strong> in the <strong>last week</strong> could you <strong>not go</strong> to work or school because of a headache? (enter the number between 0 and 7)</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>On how many <strong>days</strong> in the <strong>last month</strong> could you do <strong>less than half</strong> your usual amount at work or school because of a headache? (enter the number between 0 and 30)</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>On how many <strong>days</strong> in the <strong>last week</strong> could you do <strong>less than half</strong> your usual amount at work or school because of a headache? (enter the number between 0 and 7)</td>
<td></td>
</tr>
</tbody>
</table>

*HALT-7/30 is based on the first two questions of MIDAS, developed by RB Lipton and WF Stewart*