Lifting The Burden

in official relations with
the World Health Organization
The Global Campaign against Headache

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

Please answer these five 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)

<table>
<thead>
<tr>
<th>Grading</th>
<th>Description</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5</td>
<td>Minimal or infrequent impact</td>
<td></td>
</tr>
<tr>
<td>6-10</td>
<td>Mild or infrequent impact</td>
<td></td>
</tr>
<tr>
<td>11-20</td>
<td>Moderate impact</td>
<td></td>
</tr>
<tr>
<td>20+</td>
<td>Severe impact</td>
<td></td>
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</tbody>
</table>

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