19. HALT-30 Index*
(Headache-Attributed Lost Time – 30 days)

Your answers to the five simple questions will help us understand how much your headaches are affecting your life.

Please answer these five 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

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