

HIT – 6 Headache Impact Test

HIT is a tool used to measure the impact headaches have on your ability to function on the job, at school, at home and in social situations. Your score shows you the effect the headaches have on a normal daily life and your ability to function. HIT was developed by an international team of headache experts from neurology and primary care medicine in collaboration with psychometricians who developed the SF-36® health assessment tool. This questionnaire was designed to help you describe and communicate the way you feel and what you cannot do because of headaches.

To complete, please circle one answer for each question

When you have headaches, how often is the pain severe?

never	rarely	sometimes	very often	always
↓	↓	↓	↓	↓

How often do headaches limit your ability to do the usual activities including household work, work, school or social activities?

never	rarely	sometimes	very often	always
↓	↓	↓	↓	↓

When you have headache, how often do you wish you could lie down?

never	rarely	sometimes	very often	always
↓	↓	↓	↓	↓

In the past 4 weeks, how often have you felt too tired or weak to do work or daily activities because of your headaches?

never	rarely	sometimes	very often	always
↓	↓	↓	↓	↓

In the past 4 weeks, how often have you felt fed up or irritated because of your headaches?

never	rarely	sometimes	very often	always
↓	↓	↓	↓	↓

In the past 4 weeks, how often did headaches limit your ability to concentrate of work or daily activities?

never	rarely	sometimes	very often	always				
↓	↓	↓	↓	↓				
<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>
COLUMN 1		COLUMN 2		COLUMN 3		COLUMN 4		COLUMN 5
6 points each		8 points each		10 points each		11 points each		13 points each

To score, add points for answers in each column.

If your HIT-6 is 50 or higher:

You should share your results with your doctor. Headaches that stop you from enjoying the important things in life, like family, work, school, or social activities could be migraine.

**TOTAL
SCORE**