

MSQoL

Please read this carefully

On the following pages you will find some statements that have been made by people who have migraine.

We would like you to choose the answer that applies to you

- Between migraine attacks
- With any treatment you use now

Please choose the response that applies best to you at the moment and put a tick in the box next to it

Remember to tick only one of the alternative responses for each of the statements.

1. I try to avoid getting too tired

- Yes, I try very hard
- Yes, I try quite hard
- No, I do not try very hard
- No, I do not try at all

2. It is important for me to stay in familiar surroundings

- Yes, it's very important
- Yes, it's quite important
- No, it's not very important
- No, it's not important at all

3. I feel helpless when a migraine starts

- Yes, very much
- Yes, quite a lot
- Yes, a little
- No, not at

4. I worry about my migraine disrupting other people's lives

- Yes, I worry about this very much
- Yes, I worry about this quite a lot
- Yes, I worry about this a little
- No, I don't worry about this at all

5. My life revolves around my migraine

- Yes, very much
- Yes, quite a lot
- Yes, a little
- No, not at all