

Migraine Disability Assessment Test

Migraines are intense headaches that can make it difficult to work, take care of household chores or even spend time with friends and family. The **MIDAS** (migraine disability assessment) questionnaire can help your doctor assess the impact your headaches are causing on your life and determine the best treatment option for you.

Answer the following questions about the headaches of any kind you've experienced over **the past three months**. Use zero for questions where you have not experienced any activity disruption during the past three months.

1. How many days have you missed work or school because of a headache? _____
2. Not including the days from question one, how many days have you lost productivity by at least half at school or work? _____
3. How many days have you skipped performing household chores or regular household activities because of a headache? _____
4. Not including the days from question two, how many days was your productivity in performing household chores reduced by at least half? _____
5. How many days did you miss leisure or social activities because of your headaches? _____

What is your total score? _____

MIDAS Score	Disability	MIDAS Grade
0-5	Little or No Disability	I
6-10	Mild Disability	II
11-20	Moderate Disability	III
21+	Severe Disability	IV

Additional migraine questions

The frequency and intensity of your migraines are important for your doctor to know when prescribing a treatment plan. Over the past three months:

- How many days have you had a headache? Note that if a headache lasted more than one day, count each day.
- On average, how painful were the headaches? Use a scale of 0-10 with 0 being no pain and 10 being the most painful.

Talk to your doctor

Print out this page with your answers and take to your primary care physician or your headache specialist to discuss treatment options for your migraines. If you need help finding a doctor, call **1-800-SCRIPPS (1-800-727-4777)**.

