

Migraine Disability Assessment Test

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. On how many days in the last 3 months did you miss work or school because of your headaches? _____
2. How many days in the last 3 months was your productivity at work or school reduced by half or more 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 3 months did you not do household work because of your headaches? _____
4. How many days in the last 3 months was your productivity in household work reduced by half or more because of your headaches? (Do not include days you counted in question 3 where you did not do household work) _____
5. On how many days in the last 3 months did you miss family, social or leisure 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 and discuss treatment options for your migraine

Reference: Iigaya, M. et al. (2003). Reliability and validity of the Japanese Migraine Disability Assessment (MIDAS) Questionnaire. Headache. 43(4), 343-52.

