

Migraine Triggers and Symptoms Questionnaire

Name: _____

Date: _____

Place an 'X' in the relevant response(s), and add details where prompted

Do any of the following seem to trigger your headaches?	Yes	No
Certain foods (detail): _____		
Artificial sweeteners (eg Nutrasweet, Equal, aspartame)		
Monosodium glutamate (MSG)		
Hunger or skipping a meal		
Too much caffeine		
Not enough caffeine		
Wine or other alcohol (detail): _____		
Medications (detail): _____		
Fatigue		
Too little sleep (eg staying up late)		
Too much sleep (eg sleeping in)		
Emotional stress		
After a stressful time has passed		
Headache starts 2 days before menstrual period		
Headache starts 1 day before menstrual period		
Headache starts the same day as menstrual period		
Headache starts 1 day after menstrual period		
Headache starts 2 days after menstrual period		
Exercise		
Sexual activity		
Coughing		
Prolonged computer work		
Riding in a car		
Weather changes (detail): _____		
Certain odours (detail): _____		
Bright light or sunshine		
Flashing or strobing lights		
Loud sounds		
Other: _____		
Other: _____		

Place an 'X' in the boxes on the right indicating when you experience a symptom. You can mark more than one box. If you do not experience a symptom leave the boxes blank

Symptoms	Before headache	During headache	After headache
Euphoria (feeling of great happiness)			
Hyperactivity or restlessness			
Depression			
Anxiety			
Irritability			
Unhappiness			
Drowsiness (ICP)			
Confusion (ICP)			
Difficulty concentrating			
Fatigue or yawning			
Food craving			
Stomach pain			
Nausea (B-ST)			
Vomiting (B-ST)			
Diarrhoea			
Neck pain			
Disrupted sleep (B-ST)			
Increased sleep (B-ST)			
Increased thirst			
Increased urination (B-ST)			
Muscle tenderness			
Stuffy nose (B-ST)			
Runny nose (B-ST)			
Sinusitis (B-ST)			
Watering eyes (B-ST)			
Red or bloodshot eyes (B-ST)			
Increased sensitivity to light (photophobia)			
Increased sensitivity to sound (phonophobia)			
Increased sensitivity to smell (osmophobia)			
Excessive saliva (B-ST)			
Other: _____			
Other: _____			

Aura symptoms	Before headache	During headache	After headache
Blurred vision			
Double vision (B-ST)			
One-sided loss of vision			
Flashing, sparkling or shimmering lights			
Zigzag lines in your vision			
Blackened portion of visual field or blind spot (B-ST)			
Distorted vision			
Drooping eyelid			
Tingling (eg fingers, hand, leg or face)			
Numbness (eg fingers, hand, leg or face) (B-ST)			
One-sided weakness (B-ST)			
Difficulty walking (B-ST)			
Increased clumsiness (B-ST)			
Fainting (B-ST) (ICP)			
Facial flushing			
Facial pallor (paleness)			
Skin hypersensitivity (eg scalp, hair, ears)			
Difficulty finding words			
Difficulty saying words correctly (dysarthria) (B-ST)			
Difficulty swallowing, hiccups or hoarse voice (B-ST)			
Difficulty hearing			
ringing in ears			
Dizziness or unsteadiness (B-ST)			
Vertigo (sensation of spinning)			
Other: _____			
Other: _____			