

# Lifting The Burden

in official relations with  
the World Health Organization

## The Global Campaign against Headache

### 19. HALT-30 Index\* (Headache-Attributed Lost Time – 30 days)

Your answers to the five simple questions will help us understand how much your headaches are affecting your life.

Please answer these five questions carefully

**1** On how many **days** in the **last month** could you **not go** to work or school because of your headaches?

**2** On how many **days** in the **last month** could you do **less than half** your usual amount in your job or schoolwork 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 month** could you **not do any** household work because of your headaches?  
(Do not include days you counted in questions 1 or 2.)

**4** On how many **days** in the **last month** could you do **less than half** your usual amount of household work because of your headaches?  
(Do not include days you counted in any of the previous questions.)

**5** On how many **days** in the **last month** did you **miss** family, social or leisure activities because of your headaches?

**TOTAL**

\* HALT is closely based on the first five questions of MIDAS, developed by RB Lipton and WF Stewart.