

The Henry Ford Headache Disability Inventory (HDI)

Overview: The Henry Ford Hospital Headache Disability Inventory (HDI) can be used to periodically evaluate a patient with headache. It can be used to determine the effectiveness of a management strategy over time.

Domains:

(1) emotional: 13 items

(2) functional: 12 items

Instructions: The purpose of this scale is to identify difficulties that you may be experiencing because of your headaches. Please answer "yes" sometimes or "no" to each item. Answer each item as it pertains to your headaches only.

Statements (25):

- (1) Because of my headaches I feel handicapped.
- (2) Because of my headaches I feel restricted in performing my daily routines.
- (3) No one understands the effect that my headaches have on my life.
- (4) I restrict my recreational activities (e.g. sports hobbies) because of my headaches.
- (5) My headaches make me angry.
- (6) Sometimes I feel that I am going to lose control because of my headaches.
- (7) Because of my headaches I am less likely to socialize.
- (8) My spouse (significant other) or family and friends have no idea what I am going through because of my headaches.
- (9) My headaches are so bad that I feel I am going to go insane.
- (10) My outlook on the world is affected by my headaches.
- (11) I am afraid to go outside when I feel that a headache is starting.
- (12) I feel desperate because of my headaches.
- (13) I am concerned that I am paying penalties at work or at home because of my headaches.
- (14) My headaches place stress on my relationship with family or friends.
- (15) I avoid being around people when I have a headache.
- (16) I believe my headaches are making it difficult for me to achieve my goals in life.
- (17) I am unable to think clearly because of my headaches.
- (18) I get tense (e.g. muscle tension) because of my headaches.
- (19) I do not enjoy social gatherings because of my headaches.

(20) I feel irritable because of my headaches.

(21) I avoid traveling because of my headaches.

(22) My headaches make me feel confused.

(23) My headaches make me feel frustrated.

(24) I find it difficult to read because of my headaches.

(25) I find it difficult to focus my attention away from my headaches and on other things.

Response	Points
yes	4
sometimes	2
no	0

emotional subscale = SUM(points for items 1 3 5 6 8 9 10 11 12 14 20 22 23)

functional subscale = SUM(points for items 2 4 7 13 15 16 17 18 19 21 24 25)

total score = SUM(points for all 25 items)

Interpretation:

- minimum score: 0
- maximum emotional subscale: 52
- maximal functional subscale: 48
- maximum score: 100
- The higher the score the greater the disability caused by the headache.
- A decrease in the total HDI of ≥ 29 points as a consequence to a management strategy is considered a significant improvement.

Limitation: • A person with a low total HDI (< 29 points) would not be able to meet the criteria for significant improvement.

Performance: • The 1 week test-retest reliability of the total score was 0.76; for 6 week test-retest reliability it was 0.83.

- The Cronbach alpha item to total correlation is given in the table on page 839.

References:

Jacobson GP Ramadan NM et al. The Henry Ford Hospital Headache Disability Inventory (HDI). Neurology. 1994; 44: 837-842.