

The Migraine Disability Assessment Score (MIDAS)

Overview: The Migraine Disability Assessment (MIDAS) Score is a simple score for determining the impact of migraine headaches on a person's ability to function in work home and social situations. It can be followed over time to monitor a person's response to interventions or disease progression.

Instructions:

Please answer the following questions about ALL the headaches you have had over the last 3 months. Write your answer in the box next to each question. Write zero if you did not do the activity in the last 3 months. (Please refer to a calendar if necessary).

Questionnaire:

(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?

(A) On how many days in the last 3 months did you have any headache? (If a headache lasted more than one day count each day.)

(B) On a scale of 0 – 10 on average how painful were these headaches?

MIDAS score =

= (work days lost) + (work days reduced) + (chore days lost) + (chore days reduced) + (leisure days missed)

Interpretation:

- minimum score: 0
- maximum score: 180 or 270
 - The mean score in patients with migraine is around 20 with a few patients having scores of 60 or more.

Performance:

- The accuracy of the score would be greater for a person who keeps a headache diary.

- In a study for the score the Cronbach alpha was 0.73-0.76 and the test-retest Pearson correlation was 0.80-0.83.

References:

Stewart WF Lipton RB et al. An international study to assess reliability of the Migraine Disability Assessment (MIDAS) score. *Neurology*. 1999; 53: 988-994.

Stewart WF Lipton RB et al. Reliability of the migraine disability assessment score in a population-based sample of headache sufferers. *Cephalalgia*. 1999; 19: 107-114