

HSES

To create a total HSE score reverse score starred (*) items. Higher scores will be associated with higher self-efficacy. Efforts to create subscales that would yield separate scores for self-efficacy for the prevention of headaches and self-efficacy for the management of headache pain have not proven successful. That is, factor analyses conducted in samples that have been examined to date do not support the existence of separate subscales.

Name _____ Date _____

Instructions: You will find below a number of statements related to headaches. Please read each statement carefully and indicate how much you agree or disagree with the statement by circling a number next to it. Use the following scale as a guide:

Strongly Disagree	Moderately Disagree	Slightly Disagree	Neither Agree or Disagree	Slightly Agree	Moderately Agree	Strongly Agree
1	2	3	4	5	6	7

- | | | | | | | | |
|------------------------------------------------------------------------------------------------------------|---|---|---|---|---|---|---|
| 1) I can keep even a <i>bad</i> headache from disrupting my day by changing the way I respond to the pain. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2) When I'm in some situations, nothing I do will prevent headaches.* | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3) I can reduce the intensity of a headache by relaxing. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4) There are things I can do to reduce headache pain. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5) I can prevent headaches by recognizing headache triggers. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6) Once I have a headache there is nothing I can do to control it.* | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7) When I'm tense, I can prevent headaches by controlling the tension. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8) Nothing I do reduces the pain of a headache.* | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9) If I do certain things every day, I can reduce the number of headaches I will have. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10) If I can catch a headache before it begins I often can stop it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Please complete reverse side

Strongly Disagree	Moderately Disagree	Slightly Disagree	Neither Agree or Disagree	Slightly Agree	Moderately Agree	Strongly Agree
1	2	3	4	5	6	7

- | | | | | | | | |
|---------------------------------------------------------------------------------------------------------|---|---|---|---|---|---|---|
| 11) Nothing I do will keep a mild headache from turning into a bad headache.* | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12) I can prevent headaches by changing how I respond to stress. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13) I can do things to control how much my headaches interfere with my life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14) I <u>cannot</u> control the tension that causes my headaches.* | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15) I can do things that will control how long a headache lasts. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16) Nothing I do will keep a bad headache from disrupting my day.* | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17) When I'm not under a lot of stress I can prevent many headaches. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18) When I sense a headache is coming, there is nothing I can do to stop it. * | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19) I can keep a <i>mild</i> headache from disrupting my day by changing the way I respond to the pain. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20) If I am under a lot of stress there is nothing I can do to prevent headaches.* | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21) I can do things that make a headache seem not so bad. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 22) There are things I can do to prevent headaches. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 23) If I am upset there is nothing I can do to control the pain of a headache.* | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24) I can control the intensity of headache pain. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 25) I can do things to cope with my headaches. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

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SE Scales

Prevention

Note: We do not use these subscales but use the total score; however negative items need to be reverse scored.

Positive

- 5) I can prevent headaches by recognizing headache triggers.
- 7) When I'm tense I can prevent headaches by controlling the tension.
- 9) If I do certain things every day I can reduce the number of headaches I will have.
- 10) If I can catch a headache before it begins I often can stop it.
- 13) I can prevent headaches by changing how I respond to stress.
- 17) When I'm not under a lot of stress I can prevent many headaches.
- 22) There are things I can do to prevent headaches.

Negative

- 2) When I'm in some situations nothing I do will prevent headaches.
- 14) I cannot control the tension that causes my headaches.
- 18) When I sense a headache is coming there is nothing I can do to stop it.
- 20) If I am under a lot of stress there is nothing I can do to prevent headaches.

Pain Management /Disability

Positive

- 1) I can keep even a *bad* headache from disrupting my day by changing the way I respond to the pain.
- 3) I can reduce the intensity of a headache by relaxing.
- 4) There are things I can do to reduce headache pain.
- 13) I can do things to control how much my headaches interfere with my life.
- 15) I can do things that will control how long a headache lasts.
- 19) I can keep a *mild* headache from disrupting my day by changing the way I respond to the pain.
- 21) I can do things that make a headache seem not so bad.
- 24) I can control the intensity of headache pain.
- 25) I can do things to cope with my headaches.

Negative

- 6) Once I have a headache there is nothing I can do to control it.
- 8) Nothing I do reduces the pain of a headache.
- 11) Nothing I do will keep a mild headache from turning into a bad headache.
- 16) Nothing I do will keep a bad headache from disrupting my day.
- 23) If I am upset there is nothing I can do to control the pain of a headache.