

# Headache Research Report

## APPENDIX M

### Constipation Scoring System

(Agachan et al., 1996)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

#### Frequency of bowel movements

- |   |                          |
|---|--------------------------|
| 0 | 1-2 times per 1-2 days   |
| 1 | 2 times per week         |
| 2 | Once per week            |
| 3 | Less than once per week  |
| 4 | Less than once per month |

#### Difficulty: painful evacuation effort

- |   |           |
|---|-----------|
| 0 | Never     |
| 1 | Rarely    |
| 2 | Sometimes |
| 3 | Usually   |
| 4 | Always    |

#### Completeness: feeling incomplete evacuation

- |   |           |
|---|-----------|
| 0 | Never     |
| 1 | Rarely    |
| 2 | Sometimes |
| 3 | Usually   |
| 4 | Always    |

#### Pain: abdominal pain

- |   |           |
|---|-----------|
| 0 | Never     |
| 1 | Rarely    |
| 2 | Sometimes |
| 3 | Usually   |
| 4 | Always    |

#### Time: minutes in lavatory per attempt

- |   |              |
|---|--------------|
| 0 | Less than 5  |
| 1 | 5-10         |
| 2 | 10-20        |
| 3 | 20-30        |
| 4 | More than 30 |

#### Assistance: type of assistance

- |   |                             |
|---|-----------------------------|
| 0 | Without assistance          |
| 1 | Stimulative laxatives       |
| 2 | Digital assistance or enema |

#### Failure: unsuccessful attempts for evacuation per 24 hours

- |   |             |
|---|-------------|
| 0 | Never       |
| 1 | 1-3         |
| 2 | 3-6         |
| 3 | 6-9         |
| 4 | More than 9 |

#### History: duration of constipation (yr)

- |   |              |
|---|--------------|
| 1 | 0            |
| 2 | 1-5          |
| 3 | 5-10         |
| 4 | 10-20        |
| 5 | More than 20 |

TOTAL SCORE: \_\_\_\_\_

(Minimum Score, 0; Maximum Score, 30)