

## **Fear of Attacks in Migraine Inventory (FAMI)**

### **A questionnaire on fear of attacks in persons with migraine**

Fear of an oncoming migraine attack may arise especially before important personal or job-related events. Fear of failure due to a migraine attack often leads to additional emotional stress, which can indeed make a migraine attack more likely.

This questionnaire was developed to record the extent of these fears and anxieties. Below you will find statements about possible fears of a migraine attack. Please indicate to what extent you agree with these statements. Please answer all questions. If a question does not apply to you at all, check "strongly disagree." Answer based on your present life situation.

*Strongly disagree:* You do not agree with the statement in any way or you consider it to be completely inapplicable.

*Disagree:* You tend not to agree with the statement or you consider it to be incorrect.

*Neutral:* The statement is neither correct nor incorrect, neither applicable nor inappropriate.

*Agree:* You tend to agree with the statement or you consider it to be applicable.

*Strongly agree:* You definitely agree with the statement or you consider it to be completely correct.

Item	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
1. When I am not in pain, I fear that a migraine attack could occur soon.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am afraid of the next migraine attack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. When I am not in pain, I clearly remember how I suffered during the last migraine attack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I try to predict migraine attacks (for example, based on regular intervals between migraine attacks).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Before important appointments, I worry about the way past migraine attacks interfered with my effectiveness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I am aware of the limitations caused by past migraine attacks, even when I am not currently in pain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I'm anxious about the pain of a coming migraine attack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I fear that my migraine attacks will have long-term health consequences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Before important events (career, family, or personal), I am afraid of a migraine attack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I fear that I will not be able to meet my obligations because of a migraine attack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I worry that my migraine attacks will keep me from meeting my social responsibilities satisfactorily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I fear that people will speak badly of me if I have to cancel appointments because of a migraine attack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I am afraid that my migraine attacks will cause me to miss the good things in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I worry that my migraine attacks are preventing me from enjoying life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I'm worried that my migraine attacks will have a negative impact on my important relationships (partner, friends, or colleagues).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I fear that my migraine attacks will prevent me from realizing my goals in life (career, family, or leisure).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. If I notice symptoms indicating an upcoming migraine attack (such as sensitivity to light), I take acute medication (analgesics, triptan) as a precaution.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

18. I fear that certain external stimuli (such as weather, light, crowds, or noise) will trigger a migraine attack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I'm afraid of getting a migraine attack when I'm experiencing certain internal states (such as strong emotions, stress, or fatigue).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I worry that certain behaviors (for example, overexertion, irregular sleep, or certain foods) will trigger a migraine attack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I try to avoid certain external stimuli (such as light, crowds, or noise) in order not to provoke migraine attacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I avoid certain behaviors (for example, overexertion, irregular sleep, or certain foods) in order not to provoke migraine attacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I avoid certain internal states (such as strong emotions, stress, or fatigue) so as not to provoke migraine attacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I shield myself from certain external stimuli (for example, with headphones, a scarf, or sunglasses) so as not to provoke migraine attacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. I cancel appointments out of concern that they might provoke a migraine attack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. After experiencing certain internal states (such as strong emotions, stress, or fatigue) I pay particular attention to signs of an upcoming migraine attack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. I regularly watch myself for signs of an upcoming migraine attack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. I pay particular attention to the first signs of an upcoming migraine attack, to be able to react as early as possible.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. I sense my fear of an upcoming migraine attack with physical symptoms (such as a dry mouth, palpitations, or restlessness).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>