

**Box 1 Diagnostic criteria for tension-type headache and migraine (adapted from the International Headache Society [14])**

---

**Tension-type headache**

- A. At least 10 previous headache fulfilling criteria below
- B. Headache lasting from 30 minutes to 7 days
- C. At least 2 of the following pain characteristics:
  - 1. Pressing (non pulsating) quality
  - 2. Mild or moderate intensity (may inhibit but doesn't prohibit activities)
  - 3. Bilateral location.
  - 4. Not aggravated by climbing stairs or similar routine physical activity.
- D. Both of the following:
  - 1. No nausea or vomiting
  - 2. Photophobia and phonophobia are absent, or only one is present

**Migraine headache**

- A. At least 5 attacks fulfilling criteria below
- B. Headache lasting 4 to 72 hours(2 to 48 in children)
- C. Headache characterized by at least two of the following:
  - 1. Unilateral location
  - 2. Pulsating quality
  - 3. Moderate or severe intensity (inhibits or prohibits daily activity)
  - 4. Aggravated by climbing stairs or similar routine physical activity
- D. Headache accompanied by at least 1 of the following:
  - 1. Nausea or vomiting, or both.
  - 2. Photophobia and phonophobia