Acute Medication Self-Efficacy – Headache

Taking medication for your headache is a skill, just like anything else you learn to do. If you are learning to play baseball, you may feel very confident you can hit a single, but less confident you can hit a home run. Or, if you are learning to play the piano, you may feel confident to play a song with one hand, but less confident to play with both hands. In the same way, you may feel confident about taking medication for your headache at some times under certain circumstances, but less confident at other times and under different circumstances.

These questions ask about your confidence to take "acute" headache medication. You take acute medication when a headache happens (NOT every day to prevent headaches). What type(s) of acute headache medication do you take?

My acute medication(s)		

Please circle the number that best describes how much you agree or disagree with the following statements about taking acute medication for your headaches.

Strongly Slightly Slightly Disagree Disagree Disagree Neutral Agree Agree 1 2 3 4 5 6

- 1. I feel confident that I can tell **early on**, while the pain is still mild, if I am having a **migraine or another type of headache**.
- 2. I feel confident that I can take my acute headache medication at the **earliest sign** of a headache.
- 3. I feel confident that I can figure out which **type(s) of medication** to take when I have a headache.
- 4. I feel confident that I can **limit** how often I take acute headache medication to avoid having more headaches.
- 5. I feel confident that I can take acute headache medication effectively even when I have a lot of **responsibilities**.
- 6. I feel confident that I can take acute headache medication effectively even when my headaches are **very frequent**.
- 7. I feel confident that I can take acute headache medication effectively **in general**.

1	2	3	4	5	6	7
1	2	3	4	5	6	7
1	2	3	4	5	6	7
1	2	3	4	5	6	7
1	2	3	4	5	6	7
1	2	3	4	5	6	7
1	2	3	4	5	6	7

AMSE-H Scoring

The AMSE-H Total Score is computed through summing all items. There are two subscales: Cross-Episode and Episode-Specific. The Cross-Episode subscale score is computed through summing items 1, 2, and 3. The Episode Specific subscale score is computed through summing items 4, 5, 6, and 7.

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Development Publication

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