

The Cogniphobia Scale for Headache Disorders (CS-HD)

Instructions: Please respond to the following statements regarding how you feel about your current/recent headaches by marking the appropriate box.

		Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
1	I'm afraid that I might make the cause of my headache pain worse if I concentrate too much.				
2	I worry that when I have to think or concentrate too hard, that I will bring on a headache.				
3	My headaches put my head and brain at risk for the rest of my life.				
4	Headaches always mean I've hurt myself or have done something to make it worse.				
5	I'm afraid that I might make my headaches worse by concentrating too much or being too mentally active.				
6	Simply being careful not to concentrate too hard or too long is the safest thing I can do to prevent my headache pain from worsening.				
7	I wouldn't have this much headache pain if there weren't something potentially dangerous going on in my head.				
8	Headache pain lets me know when to stop concentrating so that I don't hurt myself.				
9	Performing a difficult mental task frequently brings on my headache pain.				
10	I can't do all the things normal people do because it's too easy for me to cause harm to my headache condition.				
11	It's really not safe for a person with a headache condition like mine to engage in too much thinking and concentrating.				
12	No one should ever concentrate on difficult mental tasks when he/she is experiencing headache pain.				
13	I will stop concentrating as soon as I sense headache pain coming on.				
14	I avoid thinking/concentrating too hard because it causes headaches.				
15	When I have a headache, I'm afraid that thinking/concentrating too hard will make the headache pain worse.				

Scoring: For the CS-HD total score, sum the totals from each column.

Test in the public domain.

Seng, E. K., & Klepper, J. E. (2017). Development of the Cogniphobia Scale for Headache Disorders (CS-HD): A Pilot Study. *Psychological assessment*.

Adapted from the Cogniphobia Scale; Todd, D. D., Martelli, M. F., & Grayson, R. L. (1998). The Cogniphobia Scale (C-scale) (white paper).