

International surveys of the effects of

Daith piercing on migraine

introduction to the report

Thank you for downloading the report into our research into the effects of Daith ear piercing on migraines. Very likely, you will either have migraines that are not adequately controlled by existing medical treatments, or know somebody who has, and have heard on social media that Daith piercings can help.

You may also have heard that doctors say there is no evidence they have an effect. In fact there is no medical evidence at all, as no formal medical research has been undertaken. In-depth analysis of one of the non-medical surveys confirmed the need for a survey to medical standards, which we have now done. Doctors need reliable data to form an opinion, and we have been positively surprised by the results!

Summary of Research

Our surveys are on-going but they show a marked and long-lasting improvement in migraines across every criterion we have examined. We have searched for criteria where this is not true but have not found any. Patient satisfaction rates are high:-

- 75% say their migraines are "greatly improved" or they "no longer have them"
- 82% with a Daith Piercing for migraines say they are "very pleased" or "delighted"

Medication intake is an important measure because it is relatively objective. 49% of those who were taking triptans before their piercing were able to stop them.

However we should add some words of caution about these figures.

- 11% reported "no obvious change"
- further research is needed to explore the non-responder rate, the rate at which the effect wears off, and the extent of any placebo effects.

Daith piercing is not an expensive procedure. However it does require a piercer with training, expertise and experience. The piercing passes through the small and easily missed area of the ear innervated by the vagus nerve. Since the effectiveness of the piercing may well depend on vagus nerve stimulation, the exact location of the piercing is likely to be very important and this requires a precise technique.

If you are thinking of having a Daith piercing for your migraines, we would recommend that you find an experienced piercer, preferably one attached to a migraine clinic.

We are still collecting data. You can help our research by filling in our latest survey, even if you have already filled in a previous version. You can reach it from the home page at:-

london-migraine-clinic.co.uk

Dr Chris Blatchley & Professor Arnold Wilkins

Migraine Research is funded by London Migraine Clinic
The Glass House, 4 Bulls Head Passage, London EC3V 1LU
research@migraine-research.org

Ear Piercing for Migraines:

three medical surveys examining the effects of Daith piercing on
migraines

Preliminary report with detailed analysis of the initial survey of 1262 patients

Dr Chris Blatchley
London Migraine Clinic

Professor Arnold Wilkins
Essex University

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www.migraine-research.org
London Migraine Clinic, 4 Bulls Head Passage, London EC3V 1LU
email: research@migraine-research.org

Contents of the report

1. History of Daith piercing and origins of our survey (p4)
2. Details of the surveys & methods of analysis (p4)
3. Results overview (p5)
4. Demographics and initial migraine history overview of respondents to the initial survey (Survey 1) (p5)
5. Method of assessment of migraine symptoms (p5)
6. Assessment of reliability of patient responses (p6)
7. Effect of piercing on the individual migraine symptoms (p6)
8. Effect of severity of initial migraine frequency on change in frequency after piercing (p8)
9. Effect of piercing on prophylactic medication consumption (p10)
10. Effects of Daith piercing on triptan consumption (p10)
11. Minimum response rates to Daith piercing (p11)
12. Non-response and reduction in effect of piercing with time since piercing (p11)
13. Problems associated with Daith piercing (p12)
14. Patient assessment effect on migraines of Daith piercing effect (p12)
15. Patient satisfaction with Daith piercing (p14)
16. Possible mode of action of Daith piercing (p15)
17. Discussion (p15)
18. References (p15)
19. Raw data summary from the initial survey (Survey 1) (pp 16-38)

1. History of Daith piercing and origins of our survey

The first Daith piercing was created in 1992 by the New York piercer Eric Dakota as an aesthetic procedure. The piercing is made through the cartilage of *crus helix*, the ridge in the outer ear just above the entrance to the auditory canal. Unexpectedly, people who underwent the procedure, mainly women, began reporting that their migraines had improved. At least 10% of women suffer from migraines, so it is unsurprising that a significant proportion of those who have had the piercing would also experience migraines.



Figure 1: A Daith piercing through the crus helix of the external ear (amagicalmess.com)

The effect of Daith piercing on migraine began to be discussed in social media, and in March 2015 Dr Thomas Cohn, a specialist pain doctor in the USA reported the effect on his widely read website. We estimate that many thousands of people, mostly women, have had a 'Daith' for their migraines.

Opinions on Daith piercing in social media are often strongly held. Negative opinions appear to be based more on belief than experience because many of those who have expressed strong doubts have not had a piercing. In contrast, even those who have had a Daith piercing but not gained any benefit have generally reported it was worth trying.

To date, there has been no published medical research at all, though a few non-professional surveys created with limited expertise are circulating on the internet. We analysed the responses of one of the surveys of 300 migraineurs with a Daith piercing, and the data appeared to show a pattern of improvement, suggesting the need for a well constructed, in-depth survey with a greater number of responses. We felt the medical profession was in need solid data to base their opinions on, possibly as a first step towards further research.

2. Details of the surveys & methods of analysis

Since May 2017 we have been conducting three extensive surveys. The English Survey Version 1 (Survey 1) collected 1262 responses between 10th May and 26th June 2017 from people who had both migraines and a Daith piercing and has been replaced by English Survey Version 2 (Survey 2), extended and refined in several areas. Both Survey 2 and the Danish survey are still collecting data. This report concentrates on the findings in Survey 1, though nothing in our initial analysis of the other two ongoing surveys suggest any large differences. The questions in Survey 1, including a summary of the raw data collected, are attached to this report.

The surveys ask about:-

- migraine history
- piercing history and problems relating to the piercing
- a detailed assessment of the symptoms before and after piercing. The detailed assessment covers frequency and severity of headaches, nausea etc) as well as more objective measures of medication intake, including triptans and other analgesia
- patient's overall assessment of how they feel about having the piercing

The English surveys have been distributed on social media. The separate Danish survey modelled on Survey 2 was distributed by email invitation exclusively to 2800 clients of a single Danish piercing clinic. In all we have received over 2450 responses from people with both migraines and a piercing (1262 from Version 1), and the results suggest a level of efficacy and longevity that has surprised us.

3. Results overview

A brief summary of our data indicates the following:-

1. Over 70% of respondents reported migraines since their 20's or earlier, the majority for over 10 years.
2. Over 75% reported a migraine frequency greater than one per week, with a severity that significantly interfered with their working life.
3. Respondents' assessment of their symptoms before piercing changed little with time since piercing, indicating that their self-assessment of symptoms could be considered a reliable base measurement when assessing later symptoms.
4. The majority of respondents reported improvement across all symptom modalities, often marked, and often immediate.
5. "No obvious improvement" after piercing was reported in each survey - English V1 (English 1)- 10.9%, English V2 (English 2) - 9.5% and Danish - 17.3%.

4. Demographics and initial migraine history overview of respondents in Survey 1

- Gender – 98% female
- Age – approximately even distribution between age 20 and 50 with 11% over 50
- Country – 56% UK and 38% USA
- Duration – 74% migraines >5 years 57% >10 years
- When started – 67% in childhood or adolescence
- Family history – 64% had a mother or father with migraines
- Medical consultations – 90% had seen a family doctor and 40% a medical specialist. 44% had had a brain/MRI scan
- Medication – 64% had tried triptans and 58% were taking them just before they had their piercing. 56% had tried various long-term preventative medication though the majority had stopped because they didn't help or had unacceptable side effects
- Other piercings – over 50% had not had other piercings (except for ordinary ear-ring piercing)

5. Method of assessment of migraine symptoms

We created the questionnaire with the online survey tool produced by smartsurvey.co.uk, and we:-

- used non-linear ordinal scales with between 5 and 8 assessment points to measure changes in the severity of migraine symptoms. The questions were worded to help the patients relate their answers to real-world experiences.
- asked respondents to select one of the points on the scale for each question to assess the symptom severity for each of three periods - the month before the piercing, the month after the piercing and the month just before the survey. The first two are historical, depending on how long ago the piercing was performed.
- ascribed an integer to each of the migraine assessment points to create a severity score for each symptom (eg for Q37 we ascribed 1 for 'don't get any' to 8 for 'all day every day')

The survey size was large enough to split the responses into subgroups for comparison.

87% responded in Q11 that they can clearly tell the difference between a migraine and headache, so for the 13% who found this less clear we differentiated between migraines/severe headaches and milder 'other' headaches in separate questions. We then asked:-

- 3 questions on the frequency of symptoms
- 5 questions on the severity of symptoms
- 2 questions on triptan and analgesia intake
- 2 questions on whether they had been prescribed preventative medications and how effective they were

6. Assessment of reliability of patient responses

We asked patients to assess from memory the severity of their migraines just before the piercing - up to two years before the survey. We have checked the change in average symptom score for each question against time since piercing and found little difference in the score between recent piercings and those up to two years before. The small but consistent increase in average was unexpected, and possibly related to the obvious and marked reduction in symptom severity reported by most after piercing (see figure 2 in the next section).

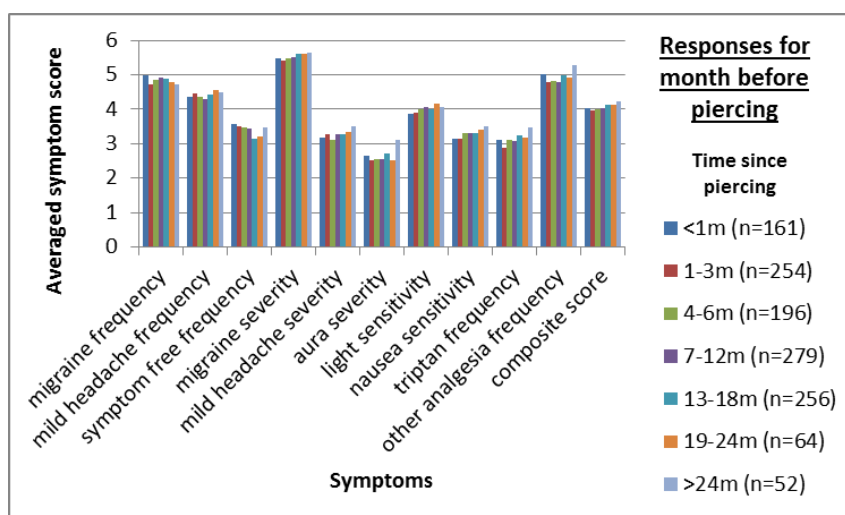


Figure 1: averaged scores for each piercing time period and each each symptom from patient responses relating to the month before piercing (as estimated 1 to 24 months later when completing the survey)

7. Effect of piercing on the individual migraine symptoms

We compared the average pre-treatment severity scores for each symptom question (see figure 1 in the previous section) with the scores for the month immediately after the piercing, as well as the month just before the survey. Finally we calculated a composite average across all the symptoms for each piercing period.

Although the measurement scales are not linear and scores cannot be directly compared between symptoms, the changes after piercing in both a particular symptom and the composite score can be tracked. The data suggests on average that the changes after piercing are of the same magnitude across all symptoms. The rise in symptom score with time after piercing mirrors the rise in no overall effect that patients reported since piercing (see sections below).

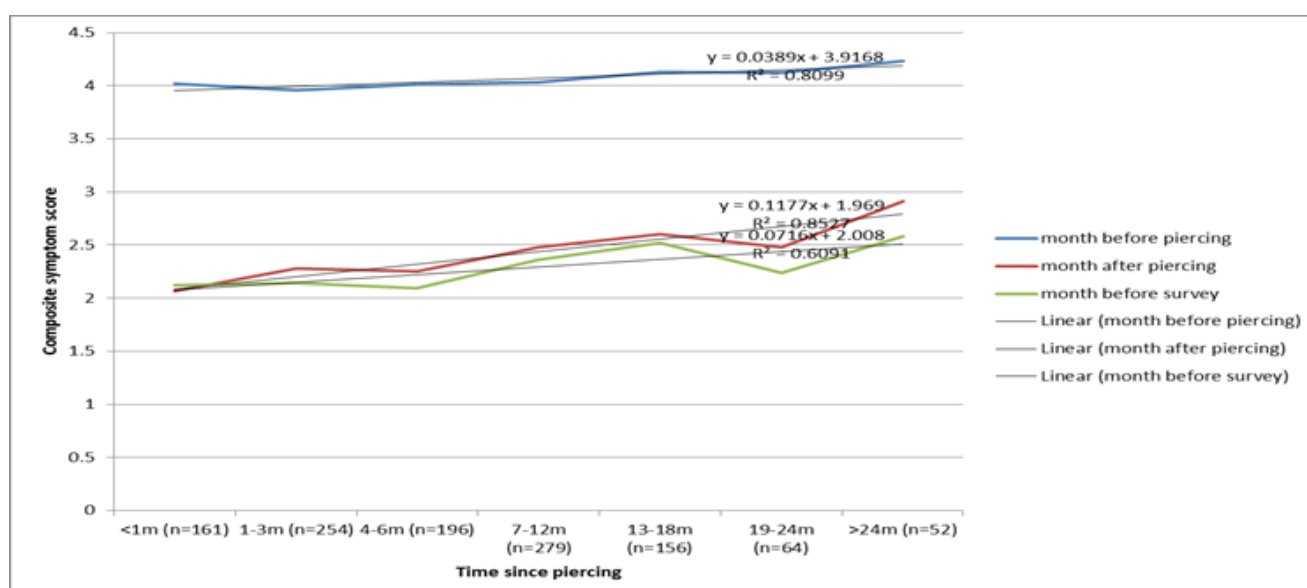


Figure 2: Changes in composite score for all symptoms against duration of piercing (detailed breakdowns are in figures 1,3 and 4)

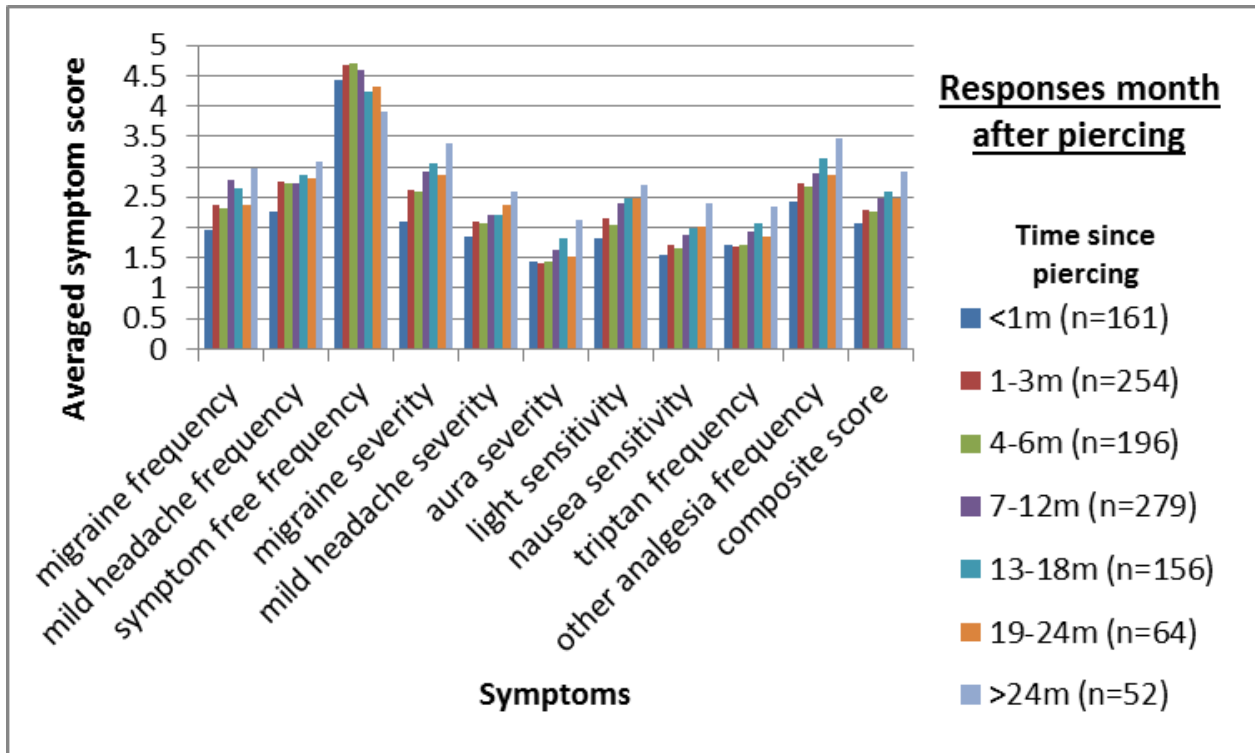


Figure 3: averaged score of each symptom for the month immediately after piercing (as estimated 1-24 months later when completing the survey), recorded against time since piercing

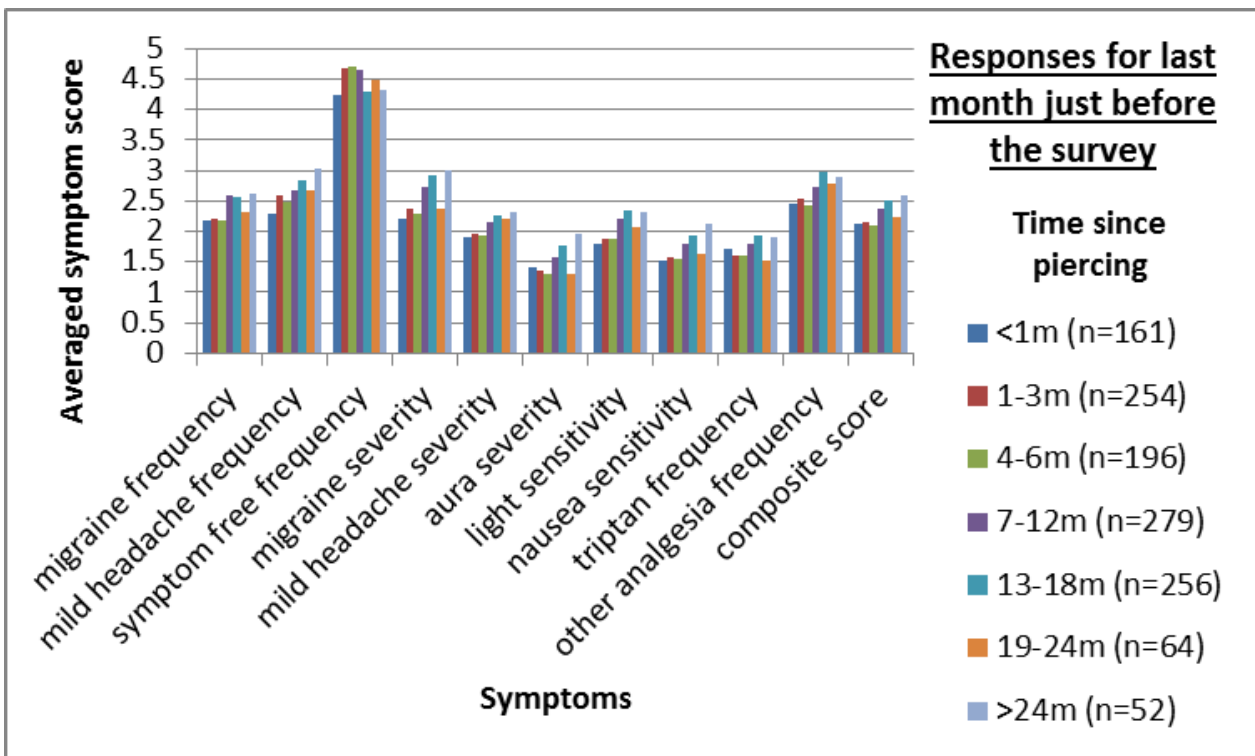


Figure 4: averaged score of each symptom for the most recent month just before the survey, (i.e. 1-24 months after the piercing) recorded against time since piercing

8. Effect of severity of initial migraine frequency on change in frequency after piercing

We analysed the change in frequency of migraines before the piercing compared to just before the survey in two ways:-

a) the entire group of Survey 1 (n=1262)

b) those in Survey 1 who had migraines >10years and a piercing >12months (n=230)

The analysis shows that there is a marked percentage who report that their migraines have stopped or reduced to 1d/m or less, and though the percentage drops with increasing initial severity and increasing time since piercing, it still remains near to 50%. The figures also illustrate the percentage who experience no change – mirroring figures discussed elsewhere.

Table 1 with graph: All respondents - effect of a piercing on migraine frequency reported for the month immediately before the survey, compared to the migraine frequency in the month before the piercing

Vertical Legend Frequency after piercing - most recent month	Horizontal Legend - Frequency before piercing							Row Totals - after piercing
	One day a month or less	2-3 days a month	4-5 days a month	2-3 days a week	most days	every day	all day every day	
Stopped	45 66%	95 52%	92 37%	127 36%	80 33%	15 17%	16 23%	470 37%
One day a month or less	19 28%	66 36%	90 36%	100 28%	64 26%	20 22%	19 27%	378 30%
2-3 days a month	3 5%	16 9%	33 13%	53 15%	42 17%	13 14%	8 11%	168 13%
4-5 days a month	0 0%	2 1%	25 10%	38 11%	16 7%	9 10%	5 7%	95 8%
2-3 days a week	0 0%	4 2%	8 3%	31 9%	10 4%	11 12%	3 4%	67 5%
most days	0 0%	0 0%	3 1%	5 1%	30 12%	7 8%	7 10%	52 4%
every day	0 0%	0 0%	0 0%	0 0%	3 1%	14 16%	2 3%	19 2%
all day every day	1 2%	0 0%	0 0%	0 0%	1 0%	1 1%	10 14%	13 1%
Column Totals - before piercing	68 5%	183 15%	251 20%	354 28%	246 20%	90 7%	70 6%	1262 100%

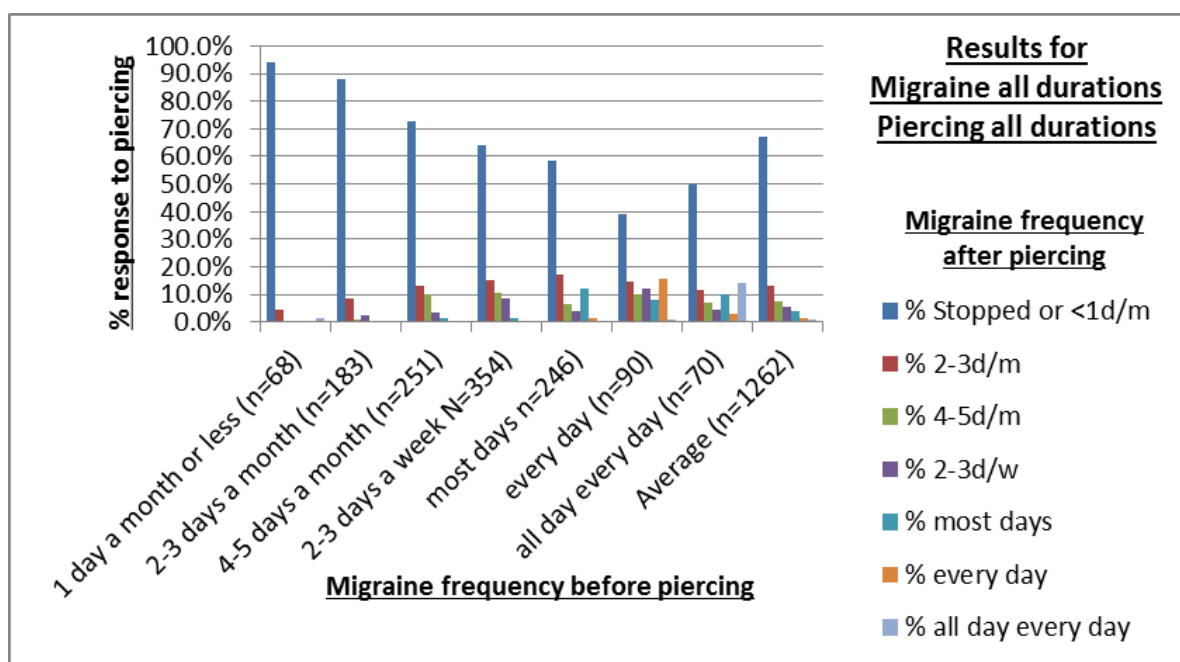
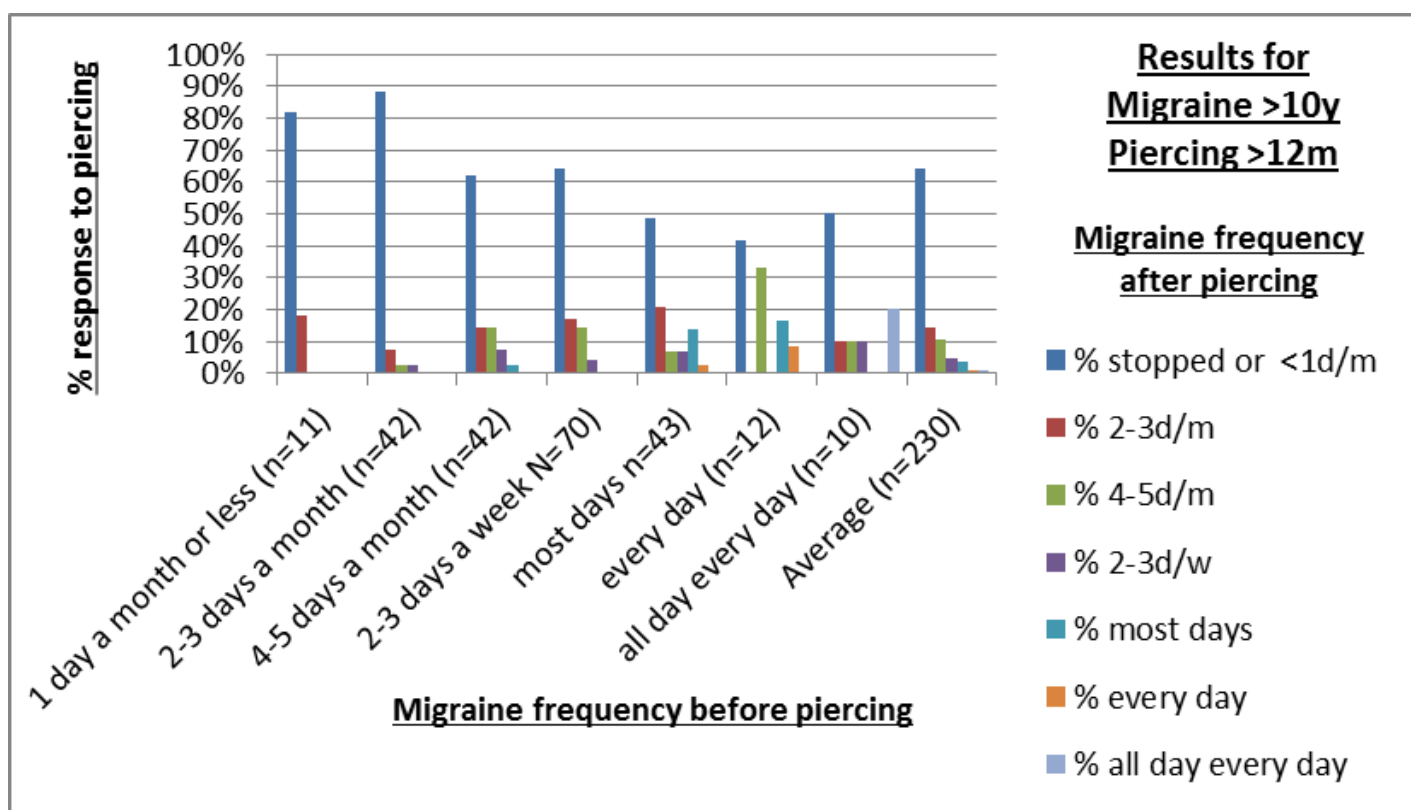


Table 2 with graph: Respondents with migraines >10years + piercing >12 months - effect of a piercing on migraine frequency reported for the month immediately before the survey, compared to the migraine frequency in the month before the piercing

Vertical Legend	Horizontal Legend - Frequency before piercing							Row Totals - after piercing
	One day a month or less	2-3 days a month	4-5 days a month	2-3 days a week	most days	every day	all day every day	
Frequency after piercing - most recent month								
Stopped	3 27%	23 55%	14 33%	22 31%	11 26%	1 8%	3 30%	77 34%
One day a month or less	6 55%	14 33%	12 29%	23 33%	10 23%	4 33%	2 20%	71 31%
2-3 days a month	2 18%	3 7%	6 14%	12 17%	9 21%	0 0%	1 10%	33 14%
4-5 days a month	0 0%	1 2%	6 14%	10 14%	3 7%	4 33%	1 10%	25 11%
2-3 days a week	0 0%	1 2%	3 7%	3 4%	3 7%	0 0%	1 10%	11 5%
most days	0 0%	0 0%	1 2%	0 0%	6 14%	2 17%	0 0%	9 4%
every day	0 0%	0 0%	0 0%	0 0%	1 2%	1 8%	0 0%	2 1%
all day every day	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	2 20%	2 1%
Column Totals - before piercing	11 5%	42 18%	42 18%	70 30%	43 19%	12 5%	10 4%	230 100%



9. Effect of piercing on prophylactic medication consumption

We improved the questions on prophylactic medication consumption in Survey 2, asking whether their consumption had changed after the piercing. Overall 57% had been prescribed various different prophylactic medications, the same as in Survey 1. Initial analysis of Survey 2 suggests that, of those still taking them at the time of their piercing, 25-40% (depending on the class of prophylactic medication) were able to stop and a further 5-10% were able to reduce the dose after piercing.

Separately, 20-30% had previously tried prophylactic medications but reported giving them up because of side effects, and were no longer taking them just before piercing. It is possible that those who continued to take them after piercing, but were able to reduce the dose, did so to reduce the side effects. We are still collecting data on both topics.

10. Effects of Daith Piercing on triptan consumption

We used triptan intake as a relatively objective measure of headache reduction, and found a high proportion of respondents reporting they had stopped taking triptans. See Table 1.

Table 3. Reported consumption of triptans before and after Daith

	Total respondents with migraines and a Daith	taking triptans before Daith	triptans reduced or stopped after Daith	triptans stopped after Daith
Survey 1	1262	727	544 (75%)	357 (49%)
Survey 2	642	319	242 (76%)	166 (52%)
Danish	595	311	185 (60%)	92 (30%)

The first English survey was large enough to analyse changes in triptan consumption by different piercing durations, as shown in Figure 1. The figures record a reported reduction in triptan use that was maintained over more than 24 months. A slow decline in efficacy with time was matched by a rise in the numbers of people reporting no effect.

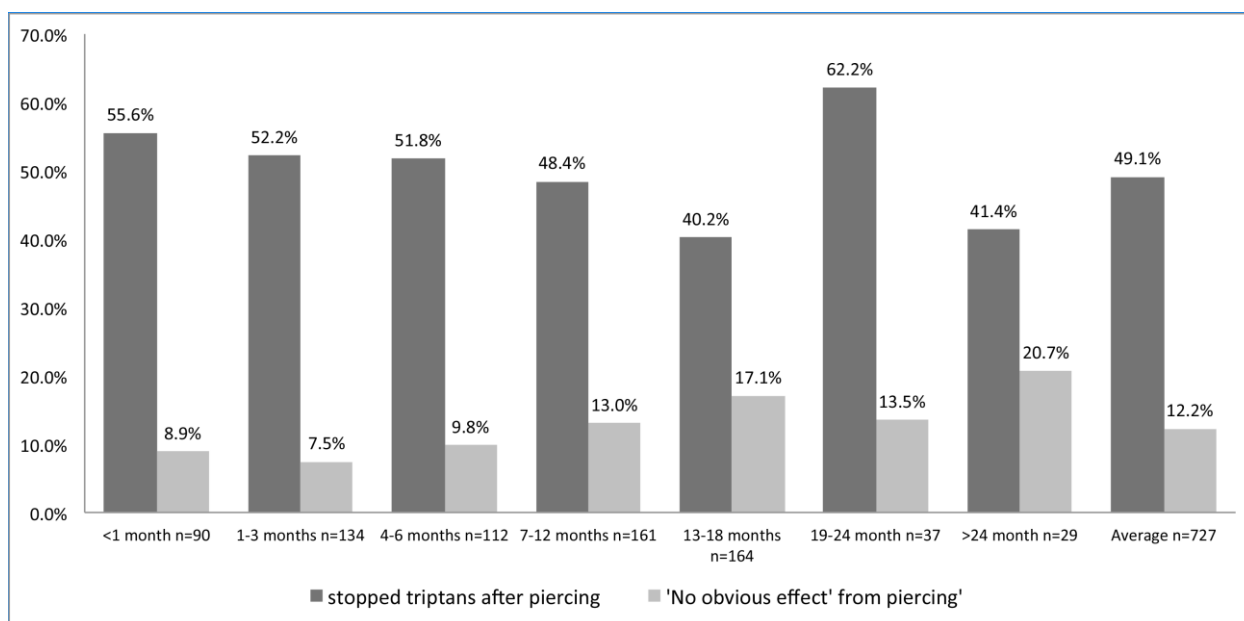


Figure 5: Results from English V1 –Comparison of percentage of patients reporting they had stopped taking triptans after piercing and those in a separate question on the overall effect of piercing on migraines reporting “no obvious effect” for different piercing durations (n= number of people taking triptans at the time of their piercing).

11. Minimum response rates to Daith Piercing

While the two English surveys are very similar, the Danish survey cannot be directly compared because it was collected by email invitation to 2800 people from a single Danish clinic. However, since the invitees are a closed group it gave the opportunity to measure minimum reported response rates.

On the conservative assumption that all of the 2205 (of the original 2800 emailed) who did not respond to the survey invitation failed to experience any improvement, there is a minimum reported response of 185/2800: 6.6% who reduced/stopped triptans, including 92/2800: 3.2% who ceased triptan intake altogether. This percentage understates the minimum response. 595 with migraines and a Daith responded, of which 376/2800: 13.4% reported great improvement or that their migraines had stopped. The Danish survey is still ongoing and we will to update this minimum reported response rate in due course.

12. Non-response and reduction in effect of piercing with time since piercing

There appear to be two cohorts of non-response/failed treatment, a) initial failure and b) decreased efficacy with time, though the two are not clear-cut in the period immediately after piercing. Following the initial period, the reported effect of the piercing decreased gradually with the duration of piercing on all the various criteria by which we measured symptoms.

In the Survey 2 we asked patients to assess the effect in two questions: Q81 - when the effect had begun to wear off, and Q82 - when it had mostly worn off.

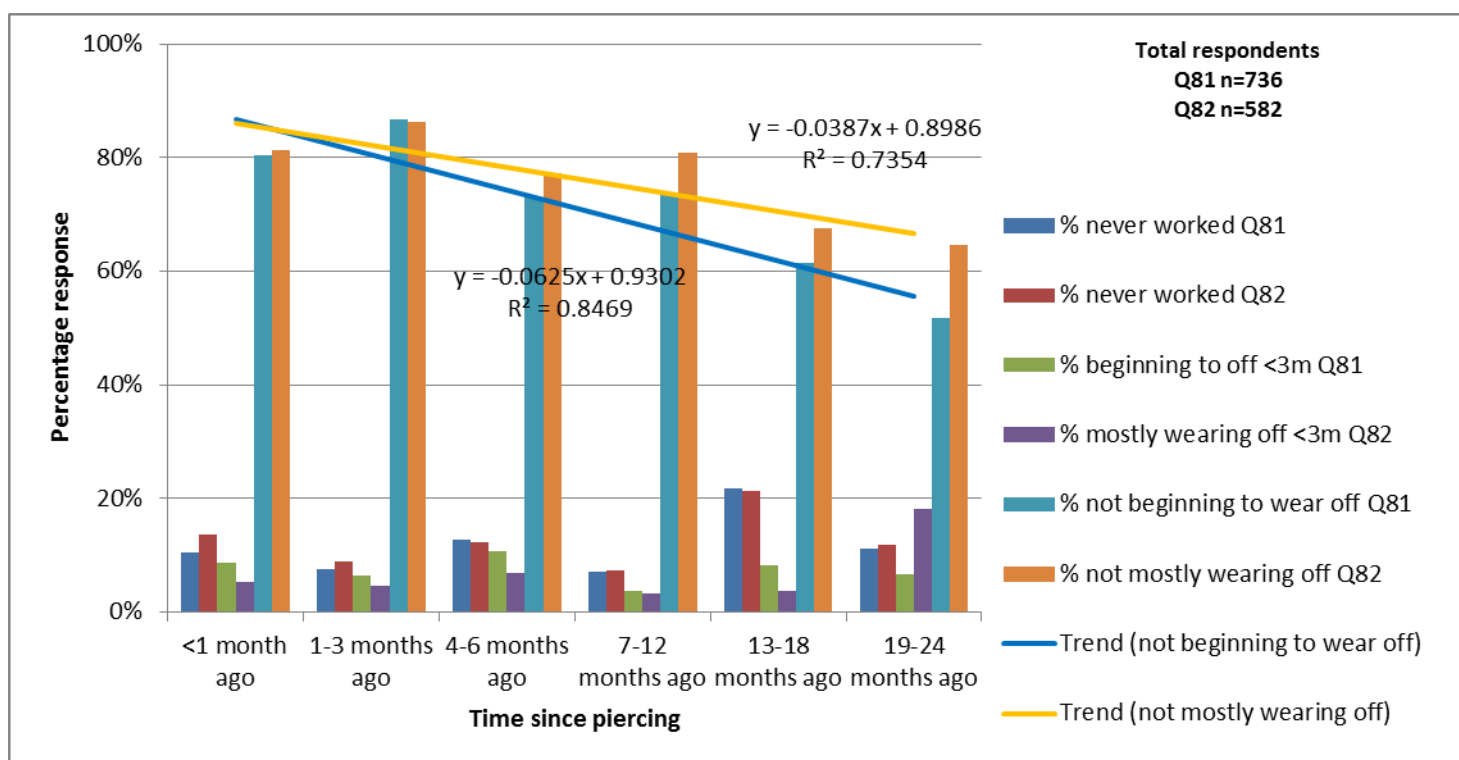


Figure 6: Responses from Survey 2 to Q81 and Q82 whether the piercing has begun to wear off or whether it has mostly worn off against time since piercing. The small numbers reporting a change after more than 3 months have been excluded for clarity

13. Problems associated with Daith piercing

Cosmetic piercings through ear cartilage have been performed for many years, and it is recognised by piercers that cartilage piercings heal slowly and that infection is a risk that has to be managed with correct aftercare. Accurate infection rates are not available but serious infections requiring removal of piercings are said to be uncommon. We asked about problems, and of 372 patients with a piercing >12 months 18 (5%) reported ongoing problems (some gave multiple answers with weeping/crusting being the most common), one of whom reported having the piercing removed. We did not ask about severity/impact of the problems experienced.

Separately, 33 of the 1262 responses (2.6%) said they were very unhappy with the piercing, primarily because it hadn't worked. Of the 33, 2 said their reason was infection or pain.

Table 2: patients declaring problems with their piercing

n= numbers from 1262 responses	Piercing >12m n=372 (29.5%)	V.unhappy with piercing n=33 (2.6%)	Both (n=13) (1.0%)
Redness	7	4	1
Irritation	8	6	1
Pain	7	5	2
Weeping/crusting	16	8	2
Bleeding	4	4	1
Other	3	4	1
Total Responses	18	13	2

14. Patient assessment effect on migraines of Daith piercing effect

In Q48 ("Overall, how has the Daith piercing affected your migraines?"), the great majority described their migraines had greatly improved or stopped. The fall with time in those assessing that their migraines had stopped was accompanied by a rise in this reporting a great improvement. Separately the proportion reporting no obvious change mirrored other findings above.

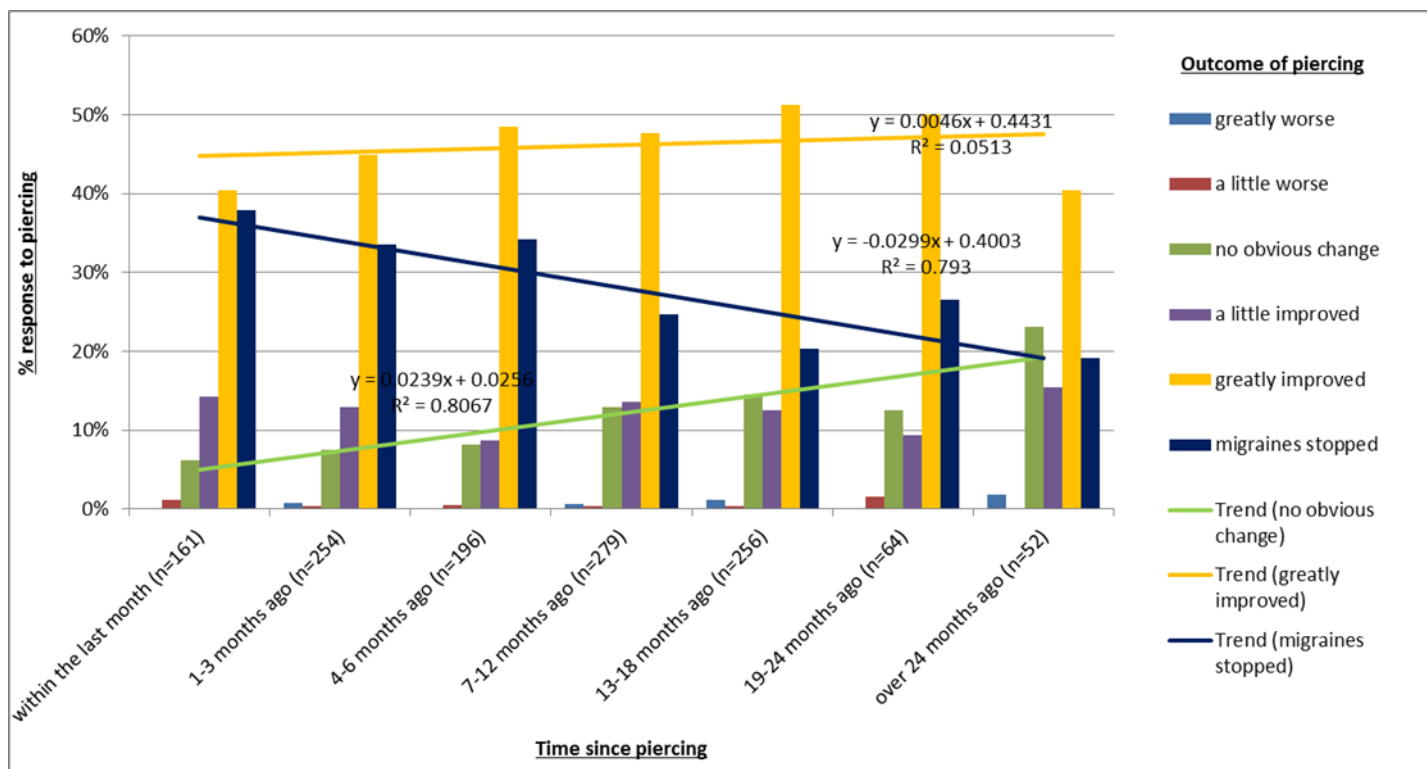
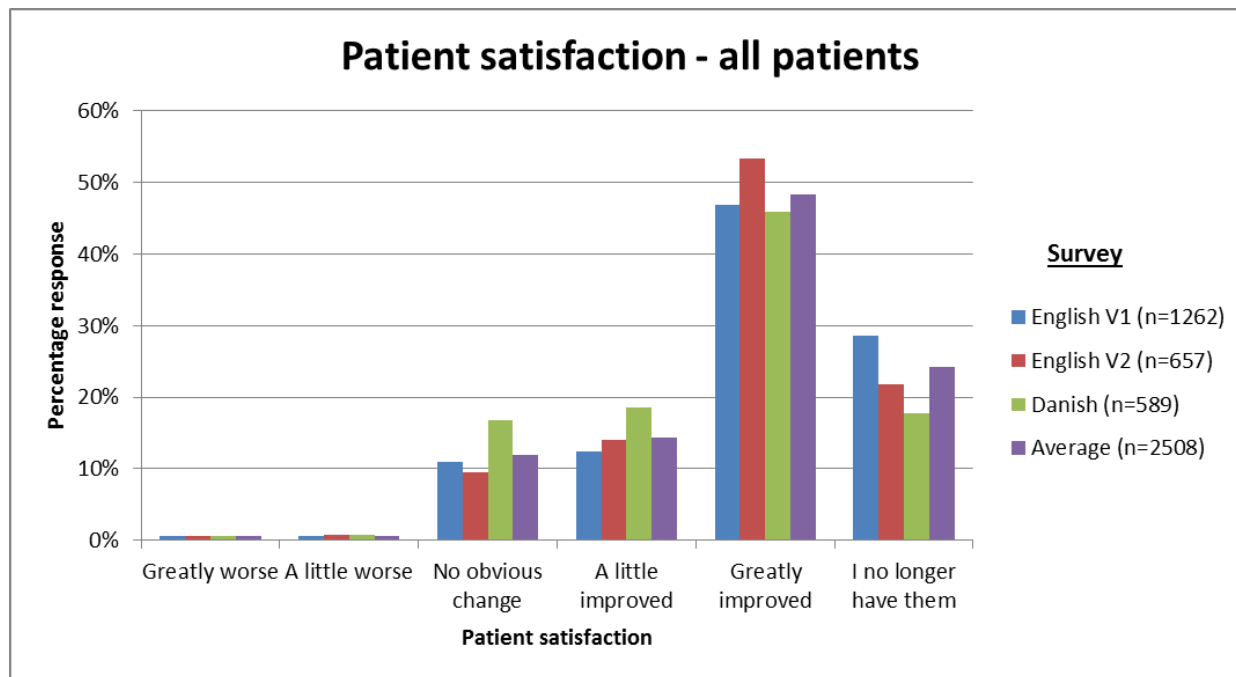


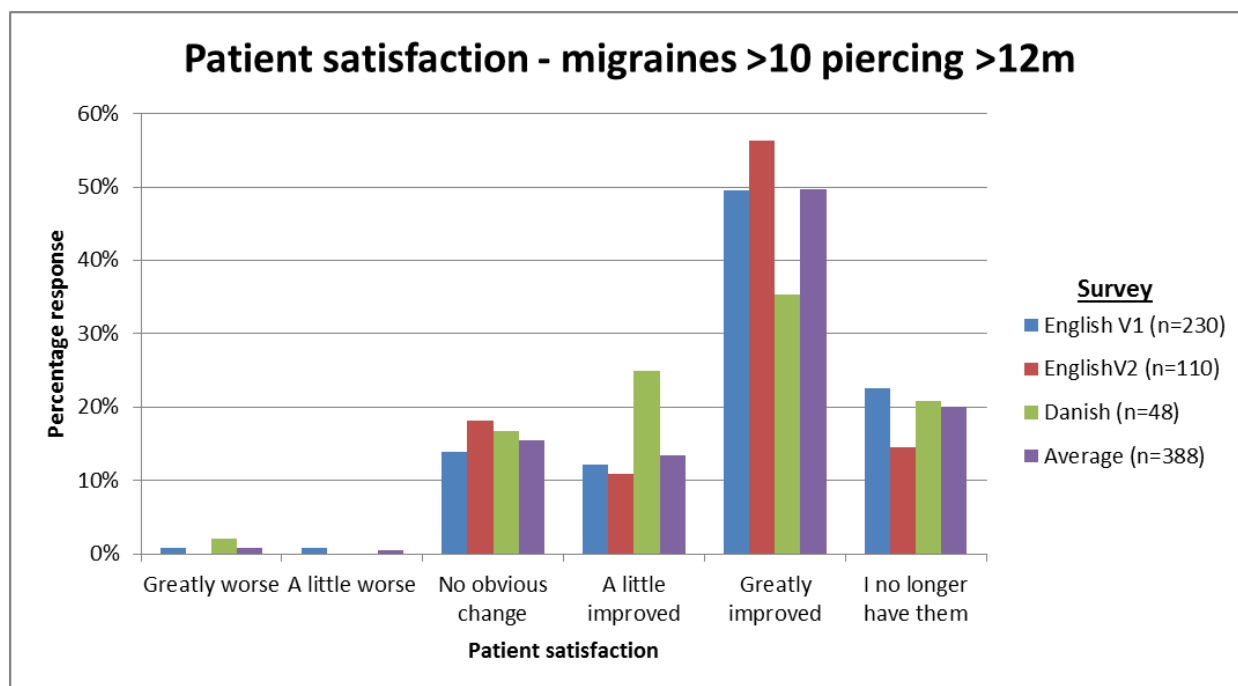
Figure 7: Survey 1 patient self-assessment of overall changes in migraines for each period since piercing

14. Patient assessment effect on migraines of Daith piercing effect continued...

The satisfaction rate was very similar across the 3 surveys and did not change greatly with time since piercing



Figures 8: Comparison across 3 surveys of changes in migraines for all migraine & all piercing periods. (Survey 1 n=1262, Survey 2 n=642, Danish n=595 - Total n=2508)



Figures 9: Comparison across 3 surveys of changes in migraines only for those with migraines >10yrs & piercing >12months. (Survey 1 n=230, Survey 2 n=110, Danish n=48, Total for average n=388)

15. Patient satisfaction with Daith piercing

Patient satisfaction rates remained high. The neutral response rate rose with duration of piercing, mirroring the reduction in efficacy discussed previously

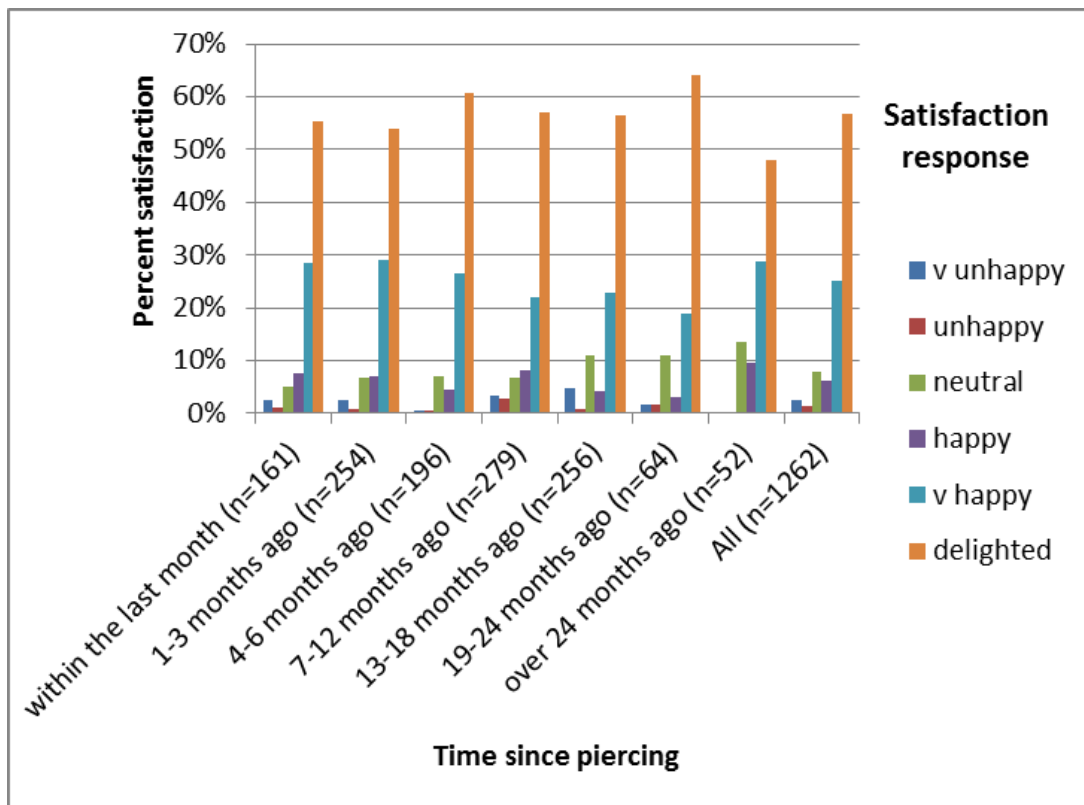


Figure 10: Survey 1 patient satisfaction rates for each period since piercing (n=1262)

16. Possible mode of action of Daith piercing

The piercing passes through the *crus helix*, a cartilage ridge in the external ear immediately above the entrance to the auditory canal. This area is innervated by the auditory branch of the vagus nerve, which originates embryologically from the neural crest and projects via the jugular ganglion to the trigemino-cervical complex in the brain stem. These fibres also provide sensory innervation of the middle ear/eustachian tube and the pharynx. Transcutaneous vagus nerve stimulation (VNS) has been shown to have a central effect in migraines and epilepsy, and has been used to treat migraines (Goadsby et al 2014, Usishenko et al 2017).

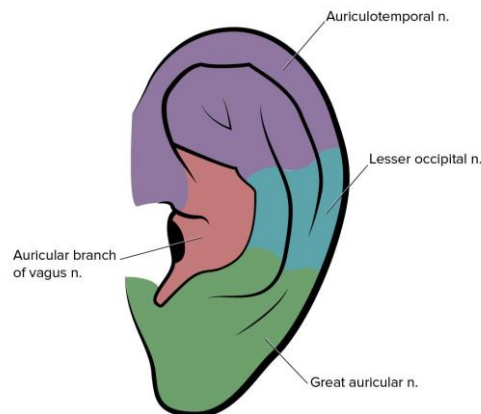


Figure 11: Innervation of the external ear (<https://emedicine.medscape.com/article/82698-overview>)

By comparison cosmetic piercing of the *tragus* (the cartilage flap anterior to the auditory canal), has been performed for many years but without any reported effects on migraines.

Further research is needed to assess the degree of vagal stimulation but vagal stimulation remains a plausible theory to explain the reported effect of piercing.

17. Discussion

The three surveys indicate the following:-

- The effect of Daith piercing on migraines appears marked and sustained across every criterion we have examined
- This is true across all three surveys. Though we have not measured/excluded placebo effect, there is no evidence to justify a presumption that the effect can be entirely explained by placebo
- It is clear that there is a group for whom the piercing has no effect. There is also a group for whom the effect wears off within the first 3 months. Thereafter the effect appears to wear off more slowly. We have no evidence to explain why this is the case but a working hypothesis is that healing process reduces the vagal stimulation. However there may also be a central rebalancing to negate the effect of the vagal stimulation
- Aesthetic piercings through the ear have been performed for many years, and while there is a risk of infection, serious problems are rarely reported
- The piercing for migraines is inexpensive to perform, and the reported satisfaction rate is high

The effects of Daith piercing on migraines deserve further medical research, including an open prospective study as a next step. We are organising this at present.

18. References

Goadsby PJ, Grosberg BM, Mauskop A, Cady R, Simmons KA. Effect of noninvasive vagus nerve stimulation on acute migraine: an open-label pilot study. *Cephalalgia*. 2014 Oct;34(12):986-93.

Usichenko T, Hacker H, Lotze M. Transcutaneous auricular vagal nerve stimulation (taVNS) might be a mechanism behind the analgesic effects of auricular acupuncture. *Brain Stimulation* 10 (2017) 1042e1044

Summary of data from the First English Survey

These results have been filtered to exclude those who only had their Daith Piercing as a cosmetic procedure

Introduction to our Daith Piercing Survey

1. This Research Survey is conducted by Dr Chris Blatchley MB BChir, medical director of the London Migraine Clinic to evaluate the relationship between Daith Piercings and migraines & headaches Filling in the survey will take about 10 minutes or so, with questions that are simple to answer. It is better to choose a quiet time with no interruptions and complete the survey in one go Your responses to the survey, including any sensitive health information you provide, will remain private and confidential at all times and will be used for medical research purposes only. You can take part anonymously if you prefer If you wish to continue another time then thank you for downloading our survey and we look forward to you filling it in another time. Your future participation will help us discover more about how Daith Piercings help with migraines

2. Thank you for downloading our survey. We look forward to you filling in our survey when you have more time. Your future participation will help us discover more about how Daith Piercings help with migraines

Do you have a Daith Piercing?



3. Do you have a Daith Piercing?

No Daith Piercing?

4. Thank you for downloading our survey. You have said that you don't yet have a Daith Piercing. If you have migraines or severe headaches and are considering whether to have one then we hope that our website will help you explore the options more!

Why did you have your Daith Piercing?

5. Why did you have your Daith Piercing?

			Response Percent	Response Total
1	For my migraines/severe headaches		95.40%	1204
2	For another reason but found my migraines improved		4.60%	58
3	For cosmetic reasons only - I don't have migraines		0.00%	0

5. Why did you have your Daith Piercing?

		Response Percent	Response Total
4	For another medical condition, please specify:	0.00%	0
		answered	1262
		skipped	0



Other Medical Conditions







6. Although this survey is for migraine sufferers who have had a Daith Piercing, we will be organising further surveys who have other conditions. If you have had a Daith Piercing for another condition and would like to be informed about further surveys suitable for your condition then please fill in your name and email address (we take your confidentiality very seriously and will not contact you for any other reason)


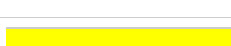


Cosmetic reasons only?

7. Thank you for downloading our survey to assess the effects of Daith Piercings on migraines and severe headaches. Since you have said you had your piercing for cosmetic reasons only, we cannot include you in our results! (If this is an error and you do have migraines then please do retake the survey)

Initial Details



8. Your Gender:			Response Percent	Response Total
1	Male		1.51%	19
2	Female		98.49%	1243
			answered	1262
			skipped	0

9. How old are you?			Response Percent	Response Total
1	under 20		7.61%	96
2	20 to 29		25.91%	327
3	30 to 39		26.55%	335
4	40 to 49		28.53%	360
5	50 to 59		10.06%	127
6	60 or over		1.35%	17
			answered	1262
			skipped	0






10. Where do you live?			Response Percent	Response Total
1	United Kingdom/Ireland		56.18%	709
2	USA/Canada		37.96%	479
3	Australia/New Zealand		3.41%	43
4	Another country (please specify):		2.46%	31
			answered	1262
			skipped	0

About Your Migraines/Headaches







11. Can you easily tell the difference between a migraine and a severe headache? (for most sufferers a migraine is immediately recognisable - eg they have nausea and vomiting. For a few, headache is the main symptom with few or none of the others, and they can only tell the difference later by the severity of the headache)

			Response Percent	Response Total
1	Yes, they feel very different		87.16%	1100
2	Not easily, they merge into each other		12.84%	162
			answered	1262
			skipped	0

12. How long ago did you start having migraines/severe headaches?







			Response Percent	Response Total
1	Under a year		1.66%	21
2	1-3 years		11.57%	146
3	4-5 years		12.52%	158
4	5-10 years		16.80%	212
5	Over 10 years		57.45%	725
			answered	1262
			skipped	0

13. Do you remember when they first started?







			Response Percent	Response Total
1	No specific time/don't remember		21.79%	275
2	In childhood		22.42%	283
3	During adolescence		34.31%	433
4	Around the time of your menopause		1.98%	25
5	During pregnancy		2.69%	34
6	Immediately after your baby was born		3.57%	45

13. Do you remember when they first started?				
			Response Percent	Response Total
7	Soon after a head injury		2.61%	33
8	Soon after a serious illness		1.35%	17
9	Another event (please specify):		9.27%	117
			answered	1262
			skipped	0








14. How long before your first migraines/severe headaches began did you remember having regular milder headaches?

			Response Percent	Response Total
1	Did not start before		18.79%	237
2	1-3 years before		17.92%	226
3	4-5 years before		6.26%	79
4	5-10 years before		4.92%	62
5	Over 10 years before		8.01%	101
6	Don't remember		44.09%	556
			answered	1261
			skipped	1

15. Do you have any close blood-related relatives (not by marriage) who have migraines? (select all that apply)

			Response Percent	Response Total
1	grandparent(s)		23.01%	223
2	mother/father		64.71%	627
3	brother(s)/sister(s)		33.02%	320
4	children		18.99%	184
5	cousin(s)		18.37%	178
6	uncle(s)/aunt(s)		22.81%	221
			answered	969
			skipped	293











16. Which of these health professionals have you seen about your migraines/headaches? (select as many as you have seen)

			Response Percent	Response Total
1	Hospital specialist		40.25%	508
2	Family doctor		90.97%	1148
3	Osteopath/chiropractor		24.33%	307
4	Acupuncturist		17.67%	223
5	Homeopath		8.64%	109
6	None		5.55%	70
7	Other (please specify):		16.48%	208
			answered	1262




16. Which of these health professionals have you seen about your migraines/headaches? (select as many as you have seen)

	Response Percent	Response Total
	skipped	0

17. What have your migraines/headaches been called by the different health professionals that you've seen? Headaches and Migraines are often given many different names/causes by different health professionals. Even though headaches come in many different forms most have a similar process in the brain causing them. (select as many as necessary)

		Response Percent	Response Total
1	Migraines		85.17% 1057
2	Episodic migraines		5.64% 70
3	Chronic migraines		41.66% 517
4	Medication overuse headache		5.88% 73
5	Cluster headaches		33.04% 410
6	Tension-type headaches		37.15% 461
7	Chronic daily headache		13.13% 163
8	Hemicrania continua		0.89% 11
9	Sudden onset daily headache		6.04% 75
10	Other (please specify):		9.27% 115
		answered	1241
		skipped	21

18. Have you ever had a special brain/MRI scan at the hospital because of your migraines/headaches?




		Response Percent	Response Total
1	yes		44.13% 556
2	No		54.52% 687
3	Don't know		1.35% 17
		answered	1260

18. Have you ever had a special brain/MRI scan at the hospital because of your migraines/headaches?






	Response Percent	Response Total
	skipped	2

About medications for your Migraines/Headaches

19. Have you ever taken Triptans for your Migraines? (a triptan is taken just as the migraine starts to stop the attack developing)

			Response Percent	Response Total
1	Yes		64.10%	809
2	No		31.85%	402
3	Don't know		4.04%	51
			answered	1262
			skipped	0

20. Do you take painkillers that contain Codeine? (many over-the-counter analgesics contain codeine without you realising it. These include Migraleve, Nurofen Plus and Solpadene Plus as just three examples)

			Response Percent	Response Total
1	Yes, I choose painkillers with codeine		33.44%	422
2	No, I avoid painkillers with codeine		30.35%	383
3	No, I don't take any painkillers		9.51%	120
4	I take whatever is available		22.35%	282
5	I don't know		4.36%	55
			answered	1262
			skipped	0

21. Has you ever been given long-term preventative drugs that you take continuously to prevent attacks starting?

	Yes	No	Don't know	Response Total
Have you been given them	56.1% (708)	42.8% (540)	1.1% (14)	1262
				answered
				skipped
				1262
				0



If you have been prescribed preventative medications...

22. What long-term preventative drugs has your doctor tried you on? (preventative drugs are ones that you take all the time to prevent attacks starting)








	No	Yes - still taking them	Yes but stopped - didn't work	yes but stopped because of side-effects	Don't know	Response Total
Beta Blockers (such as propranolol)	25.0% (160)	18.4% (118)	34.7% (222)	17.2% (110)	4.7% (30)	640
Antidepressants (such as amitriptyline)	25.9% (170)	25.7% (169)	30.7% (202)	15.1% (99)	2.6% (17)	657
Antiepileptics (such as valproate or topiramate)	38.1% (238)	13.4% (84)	22.4% (140)	19.0% (119)	7.0% (44)	625
Others	39.4% (218)	18.6% (103)	24.4% (135)	9.4% (52)	8.3% (46)	554
					answered	708
					skipped	554

Details of your Daith Piercings







23. Which side was your first Daith Piercing? (NB if you have a Daith Piercing in both ears you will enter the details of the second piercing on a later page)

			Response Percent	Response Total
1	Left ear		48.97%	618
2	Right ear		51.03%	644
			answered	1262
			skipped	0




24. How long ago did you have your first Daith Piercing?

			Response Percent	Response Total
1	within the last month		12.76%	161
2	1-3 months ago		20.13%	254
3	4-6 months ago		15.53%	196
4	7-12 months ago		22.11%	279
5	13-18 months ago		20.29%	256
6	19-24 months ago		5.07%	64
7	over 24 months ago		4.12%	52
			answered	1262
			skipped	0

25. How long did it take for your first Daith Piercing to heal completely?







			Response Percent	Response Total
1	Within 3 months		28.53%	360
2	3-6 months		19.33%	244
3	7-9 months		8.00%	101
4	10-12 months		4.99%	63
5	over 12 months		1.66%	21
6	Not yet healed completely/still having problems		37.48%	473
			answered	1262
			skipped	0

26. Which side do you sleep on most of the time?

			Response Percent	Response Total
1	Opposite side to my piercing		19.41%	245
2	Same side as my piercing		26.47%	334
3	Both sides/Don't know		54.12%	683
			answered	1262
			skipped	0



Problems with first Daith Piercing

27. What problems are you still having? (answer all that apply)

			Response Percent	Response Total
1	Redness		26.71%	121
2	Irritation		34.00%	154
3	Pain		28.92%	131
4	Weeping/crusting		66.89%	303
5	Bleeding		13.02%	59
6	Other (please specify):		22.74%	103
			answered	453
			skipped	809

A Second Daith Piercing?

28. Have you had a second Daith Piercing?






			Response Percent	Response Total
1	I have only had one ear pierced		80.82%	1020
2	I had a second piercing in the other ear		19.18%	242
			answered	1262

28. Have you had a second Daith Piercing?







	Response Percent	Response Total
	skipped	0

Details of your Second Daith Piercing







29. If you have a Daith Piercing in both ears, when was the second piercing done?

			Response Percent	Response Total
1	On the same day as the first piercing		56.20%	136
2	Within a month of the first piercing		13.64%	33
3	1-3 months later		11.16%	27
4	4-6 months later		4.55%	11
5	over 6 months later		14.46%	35
			answered	242
			skipped	1020

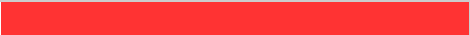


30. How long did it take for your second Daith Piercing to heal completely?



			Response Percent	Response Total
1	Within 3 months		24.79%	60
2	3-6 months		18.18%	44
3	7-9 months		7.02%	17
4	10-12 months		4.55%	11
5	over 12 months		1.65%	4
6	Not yet healed completely/still having problems		43.80%	106
			answered	242
			skipped	1020

Problems with second Daith Piercing






31. What problems are you still having with the second piercing? (answer all that apply)			Response Percent	Response Total
1	Redness		30.39%	31
2	Irritation		37.25%	38
3	Pain		26.47%	27
4	Weeping		60.78%	62
5	Bleeding		14.71%	15
6	Other (please specify):		23.53%	24
			answered	102
			skipped	1160

About your decision to have a Daith Piercing?




32. Apart from your Daith Piercing have you had any other piercings? (select all that apply)			Response Percent	Response Total
1	Ordinary ear piercing through earlobe for earrings		80.55%	998
2	Other ear piercings		42.62%	528
3	Other body piercings		48.83%	605
			answered	1239
			skipped	23

33. Did you have any doubts/concerns before deciding to have a Daith Piercing? (you will be asked to give details on the next page)			Response Percent	Response Total
1	Yes		31.85%	402
2	No		68.15%	860
			answered	1262
			skipped	0

Your decision cont....

34. What doubts/concerns did you have before having your Daith Piercing? (answer all that apply)			Response Percent	Response Total
1	I was worried how it might look		20.00%	80
2	Other people might disapprove of it		12.75%	51
3	Having it might be painful		67.25%	269
4	Any concerns have disappeared now it's been done		55.25%	221
5	Other (please specify):		34.25%	137
			answered	400
			skipped	862

35. Would you still prefer to have a Daith Piercing that is less visible?

			Response Percent	Response Total
1	Yes		8.96%	36
2	No		31.34%	126
3	Doesn't matter		59.70%	240
			answered	402
			skipped	860

Assessing changes in migraines/headaches before/after your Daith Piercing

36. The following pages are designed to assess any changes in your headaches and other symptoms you have experienced from having your Daith Piercing(s) Here's a guide on how to answer the questions:- Give your first impression and don't think about the answer too much We're interested in how much the symptoms have changed rather than an exact measure of how severe they are. We appreciate that it can be difficult to remember a pain that was several months ago. Just try to be as consistent as possible! Use your method of assessing of the severity of your symptoms, and don't worry about how somebody else might describe their symptoms

			Response Percent	Response Total
1	Continue		100.00%	1217
			answered	1217
			skipped	45

Past and present FREQUENCY of your Headaches/Migraines

37. How often did/do you generally have migraines/severe headaches?

	Don't get them	One day a month or less	2-3 days a month	4-5 days a month	2-3 days a week	most days	every day	all day every day	Response Total
Per month just before your Daith Piercing	0.2% (3)	5.2% (65)	14.5% (183)	19.9% (251)	28.1% (354)	19.5% (246)	7.1% (90)	5.5% (70)	1262
Per month just after your Daith Piercing	31.1% (393)	33.4% (422)	13.6% (172)	9.6% (121)	5.9% (75)	3.7% (47)	1.4% (18)	1.1% (14)	1262
Over the last month	37.2% (470)	30.0% (378)	13.3% (168)	7.5% (95)	5.3% (67)	4.1% (52)	1.5% (19)	1.0% (13)	1262

37. How often did/do you generally have migraines/severe headaches?

	Don't get them	One day a month or less	2-3 days a month	4-5 days a month	2-3 days a week	most days	every day	all day every day	Response Total
								answered	1262
								skipped	0

38. How often did/do you generally have milder 'other' headaches (apart from your migraines/severe headaches)?

	Don't get them	One day a month or less	2-3 days a month	4-5 days a month	2-3 days a week	most days	every day	all day every day	Response Total
Per month just before your Daith Piercing	10.2% (129)	12.4% (156)	12.3% (155)	13.5% (171)	14.0% (177)	23.6% (298)	9.7% (123)	4.2% (53)	1262
Per month just after your Daith Piercing	24.6% (311)	31.5% (398)	18.6% (235)	10.3% (130)	6.3% (80)	5.7% (72)	1.9% (24)	1.0% (12)	1262
Over the last month	27.2% (343)	32.4% (409)	18.0% (227)	8.3% (105)	5.4% (68)	6.1% (77)	1.6% (20)	1.0% (13)	1262
								answered	1262
								skipped	0

39. How often did/do you generally have Clear Blue Sky (CBS) days? (sometimes called Crystal Clear Days, these are days when you don't think you might be getting a migraine and don't even have a milder 'other' headache)

	Don't get them	One day a month or less	2-3 days a month	4-5 days a month	2-3 days a week	most days	every day	all day every day	Response Total	
Per month just before your Daith Piercing	21.2% (268)	17.5% (221)	13.8% (174)	14.2% (179)	16.3% (206)	14.9% (188)	1.5% (19)	0.6% (7)	1262	
Per month just after your Daith Piercing	15.5% (195)	12.6% (159)	6.5% (82)	6.7% (84)	8.4% (106)	37.5% (473)	8.0% (101)	4.9% (62)	1262	
Over the last month	16.8% (212)	11.3% (142)	6.9% (87)	6.2% (78)	7.6% (96)	36.0% (454)	9.7% (122)	5.6% (71)	1262	
									answered	1262
									skipped	0

Past and present SEVERITY of your Headaches/Migraines?

40. Generally, how severe was/is the pain during your migraines/severe headaches?

	I don't have any	Mild - I can work without painkillers	Mildish - I can work with painkillers	Moderate - It makes working difficult	Severe - It stops me working	Very severe - I go to bed	Terrible - The worst pain I can imagine	Response Total
In the month just before your Daith Piercing	0.3% (4)	0.4% (5)	2.1% (27)	17.7% (224)	19.2% (242)	44.5% (562)	15.7% (198)	1262
In the month just after your	32.3% (407)	16.6% (210)	21.6% (272)	13.6% (172)	7.6% (96)	6.4% (81)	1.9% (24)	1262

40. Generally, how severe was/is the pain during your migraines/severe headaches?								
	I don't have any	Mild - I can work without painkillers	Mildish - I can work with painkillers	Moderate - It makes working difficult	Severe - It stops me working	Very severe - I go to bed	Terrible - The worst pain I can imagine	Response Total
Daith Piercing								
Over the last month	37.5% (473)	19.9% (251)	18.5% (234)	9.7% (122)	5.8% (73)	6.3% (79)	2.4% (30)	1262
							answered	1262
							skipped	0

41. Generally, how severe was/is the pain during your milder 'other' headaches (NB. this question refers to headaches that are NOT migraines/severe headaches)?								
	I don't have any	Mild - I can work without painkillers	Mildish - I can work with painkillers	Moderate - It makes working difficult	Severe - It stops me working	Very severe - I go to bed	Terrible - the worst pain I can imagine	Response Total
In the month just before your Daith Piercing	9.4% (119)	13.3% (168)	39.2% (495)	26.1% (330)	6.7% (85)	3.2% (41)	1.9% (24)	1262
In the month just after your Daith Piercing	30.4% (384)	37.6% (474)	23.8% (300)	5.4% (68)	1.7% (22)	0.9% (11)	0.2% (3)	1262
Over the last month	33.8% (427)	37.3% (471)	21.1% (266)	4.6% (58)	1.3% (17)	1.4% (18)	0.4% (5)	1262
							answered	1262
							skipped	0

42. Generally, did/do you get visual auras in the hour immediately before your migraine starts? (visual auras are zig-zag distortions, often coloured, that you can still see when you close your eyes and generally start no more than 60 mins before the headache)

	don't get auras	mildly	moderately	severely	very severely	Response Total
In the month just before your Daith Piercing	34.6% (435)	15.3% (192)	19.1% (240)	16.7% (210)	14.5% (182)	1259
In the month just after your Daith Piercing	64.8% (816)	20.5% (258)	8.2% (103)	4.4% (55)	2.1% (27)	1259
Over the last month	70.3% (879)	16.5% (206)	7.4% (92)	4.0% (50)	1.9% (24)	1251
					answered	1260
					skipped	2

43. Generally, did/do bright lights affect you during your migraines?

	not at all	mildly	moderately	severely	very severely	Response Total
In the month just before your Daith Piercing	3.1% (39)	6.8% (86)	18.3% (230)	32.0% (403)	39.8% (501)	1259
In the month just after your Daith Piercing	37.4% (471)	24.5% (308)	19.6% (247)	12.3% (155)	6.1% (77)	1258
Over the last month	46.9% (590)	22.6% (284)	14.2% (179)	10.0% (126)	6.4% (80)	1259
					answered	1260
					skipped	2

44. Generally, did/do you get nausea or vomiting during your migraines?

	don't get nausea	mildly	moderately	severely	I have nausea and vomiting	Response Total
In the month just before your Daith Piercing	12.5% (157)	18.5% (233)	25.5% (321)	17.3% (218)	26.3% (331)	1260
In the month just after your Daith	54.8% (690)	22.5% (284)	14.4% (181)	3.4% (43)	4.9% (62)	1260

44. Generally, did/do you get nausea or vomiting during your migraines?

	don't get nausea	mildly	moderately	severely	I have nausea and vomiting	Response Total
Piercing						
Over the last month	60.0% (756)	21.5% (271)	10.5% (132)	2.9% (37)	5.1% (64)	1260
					answered	1261
					skipped	1

Nearly Finished!

45. You're nearly finished! You just have some questions about how many painkillers you need to take and what you think about your Daith Piercing.

Past and present MEDICATION USE for your headaches/migraines

46. How often did/do you generally take Triptans?

	Don't take them	One day a month or less	2-3 days a month	4-5 days a month	2-3 days a week	most days	every day	Response Total
Per month just before your Daith Piercing	42.4% (535)	5.8% (73)	9.0% (114)	11.2% (141)	13.9% (175)	9.7% (122)	8.1% (102)	1262
Per month just after your Daith Piercing	66.0% (833)	11.6% (147)	7.7% (97)	6.3% (79)	4.0% (50)	2.0% (25)	2.5% (31)	1262
Over the last month	70.0% (884)	12.0% (151)	6.3% (79)	4.0% (51)	3.7% (47)	1.8% (23)	2.1% (27)	1262
							answered	1262
							skipped	0

47. How often did/do you generally take Painkillers? (do not include Triptans)

	Don't take them	One day a month or less	2-3 days a month	4-5 days a month	2-3 days a week	most days	every day	Response Total
Per month just before your Daith Piercing	6.8% (86)	3.6% (45)	8.9% (112)	15.8% (199)	21.0% (265)	27.8% (351)	16.2% (204)	1262
Per month just after your Daith Piercing	29.5% (372)	21.6% (272)	18.0% (227)	11.6% (146)	9.6% (121)	5.6% (71)	4.2% (53)	1262
Over the last month	33.4% (421)	24.5% (309)	15.7% (198)	8.7% (110)	8.0% (101)	5.7% (72)	4.0% (51)	1262
							answered	1262
							skipped	0

Your overall feelings about Daith Piercings

48. Overall, how has your Daith Piercing altered your migraines/severe headaches?

	Greatly worse	A little worse	No obvious change	A little improved	Greatly improved	I no longer have them	Response Total
	0.6% (8)	0.6% (7)	10.9% (138)	12.4% (157)	46.8% (591)	28.6% (361)	1262
	answered						1262
	skipped						0

49. Overall, how has your Daith Piercing altered your milder 'other' headaches? (if you cannot easily tell the difference between migraines and headaches then 'other headaches' are those that aren't migraines/severe headaches)

	Greatly worse	A little worse	No obvious change	A little improved	Greatly improved	I no longer have them	Response Total
	0.6% (8)	0.6% (8)	22.4% (281)	15.6% (196)	45.7% (574)	15.0% (189)	1256
	answered						1256
	skipped						6

50. Overall, how do you feel about having your Daith Piercing?

	Very unhappy	Unhappy	Neither happy nor unhappy	A little happy	Very happy	Delighted	Response Total
	2.6% (33)	1.3% (16)	7.9% (100)	6.3% (80)	25.2% (318)	56.7% (715)	1262
	answered						1262
	skipped						0

51. Overall, would you recommend Daith Piercing to a friend who suffers from migraines?

	Definitely not	Perhaps not	Neutral	Perhaps would	Definitely would	Response Total
	2.4% (30)	2.5% (31)	6.3% (80)	10.5% (132)	78.4% (989)	1262
	answered					1262
	skipped					0

