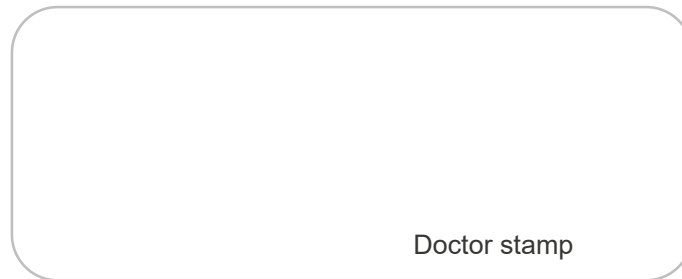


# mTOQ-5 scale

## Evaluation of the effectiveness of migraine attack treatment



To evaluate the effectiveness of treatment of a migraine attack, the m-TOQ-5 scale (Migraine Treatment Optimization Questionnaire-5) was developed. This is a measurement instrument designed to measure the effect of a medication strategy.

This tool allows your doctor to better perceive the impact of your treatment, take into account the impact on your daily life, guide your therapeutic choice and monitor progress over time.

### How to use :

- The evaluation can be carried out by the patient before the consultation (self-questionnaire) or by the professional (heteroquestionnaire)
  - When completing the questionnaire, note your recent migraine attacks. Circle your answer on the corresponding line: YES/NO
  - **Results:** if the patient answers “yes” to the 5 questions, it is not necessary to change treatment but a negative answer is enough to modify it.
- ➔ However, if the patient answers “yes” to all questions but mentions a significant impact on quality of life, frequent attacks, or medication abuse, basic treatment should be considered.

**First and last name:**

**End date:**

**Result:**

- 1. After taking your seizure medicine, do you no longer have pain within 2 hours of most attacks?**

**YES**

**NO**

- 2. Does taking medication relieve headaches and keep you active remotely for at least 24 hours?**

**YES**

**NO**

- 3. Can you quickly return to your normal activities (work, leisure, family, social)?**

**YES**

**NO**

- 4. Is this treatment well tolerated?**

**YES**

**NO**

- 5. Are you comfortable enough with your medications to be able to plan your daily activities?**

**YES**

**NO**