

Development of the Eurolight questionnaire

Background

The BURMIG questionnaire (1) was developed in 2004 for a population-based survey of the burden of migraine in the Grand Duchy of Luxembourg. The Eurolight questionnaire (2) is based largely on the BURMIG questionnaire and has additions from instruments developed by *Lifting The Burden*.

Eurolight questionnaire content

Biographical section	
Screening questions for headaches	
Headaches questions	Section on Chronic Daily Headache
	Questions about most bothersome headache
	Questions about headache yesterday
	Questions about health care resources
Impact of headache on work, family life and social activities (including HALT)	
BMI questions	
WHOQOL - bref	
HADS	

Objective

To develop and validate a self-reporting questionnaire on the individual and socio-economic impact of headache disorders in patients in 8 different languages (English, Italian, Spanish, German, French, Portuguese, Dutch and Lithuanian).

Methods

The content of the BURMIG questionnaire was reviewed and thoroughly revised by the EUROLIGHT Steering Committee. The final EUROLIGHT questionnaire contains 103 items. 7% are open questions, 15% numeric questions and 78% categorical questions.

After a linguistic and a face-content validation, the questionnaire was tested in 5 countries for comprehensibility, internal consistency and test-retest reliability.

Results

In the 5 countries with 426 participants (131 in UK, 60 in Italy, 107 in Spain, 83 in Germany/Austria, and 45 in France) response rates were between 73% and 100%. Test-retest reliability varied between -0.27 and 1.0 depending on the nature of the expected agreement. Completion rates over 90% were between 69% and 82%. The internal consistency was between 0.69 and 0.91.

Conclusion

The EUROLIGHT questionnaire is suitable to evaluate the burden of primary headache disorders and can be used in 8 different languages. The validation process resulted in relatively minor changes. The final EUROLIGHT questionnaire will give **a reliable and valid picture of the impact and burden of primary headache disorders in European populations.**

References :

1. Andrée C, Vaillant M, Rott C, Katsarava Z, Sándor PS. Development of a self-reporting questionnaire, BURMIG, to evaluate the burden of migraine. *J Headache Pain*. 2008 Oct;9(5):309-15.
2. Andrée C, Vaillant M, Barre J, Katsarava Z, Lainez JM, Lair ML, Lanteri M, Lampl C, Steiner TJ, Stovner LJ, Tassorelli C, Sándor PS. Development and validation of the EUROLIGHT questionnaire to evaluate the burden of primary headache disorders in Europe. *Cephalalgia*. 2010 Sep;30(9):1082-100..

