

Migraine Treatment Optimization Questionnaire-5 (mTOQ-5)¹

Optimal acute treatment can reduce the pain, symptoms, and disability associated with migraine.²

The following questions refer to the times when you take treatment for your migraine. Make an X in the "Yes" or "No" column depending on which answer most closely fits your experience in the past 4 weeks.¹

	YES	NO
1 Can you count on your migraine medication to relieve your pain within 2 hours for most attacks?	<input type="radio"/>	<input type="radio"/>
2 Does one dose of your migraine medication usually relieve your headache and keep it away for at least 24 hours?	<input type="radio"/>	<input type="radio"/>
3 Are you quickly able to return to your normal activities (i.e. work, family, leisure, social activities) after taking your migraine medication?	<input type="radio"/>	<input type="radio"/>
4 Is your migraine medication well tolerated?	<input type="radio"/>	<input type="radio"/>
5 Are you comfortable enough with your medication to be able to plan daily activities?	<input type="radio"/>	<input type="radio"/>

SCORING

If all five questions are answered **YES**, treatment is satisfactory.
An answer of **NO** to any single question suggests that a change in treatment may need to be considered.

mTOQ-5 is a validated tool to identify patients with an inadequate treatment response and/or patients who require a change to their current acute therapy.¹

REFERENCES: 1. Lipton RB, Kolodner K, Bigal ME, et al. Validity and reliability of the migraine-treatment optimization questionnaire. *Cephalalgia*. 2009;29(7):751-759. doi:10.1111/j.1468-2982.2008.01786.x 2. Ailani J, Burch R, Robbins MS. The American Headache Society Consensus Statement: Update on integrating new migraine treatments into clinical practice. *Headache*. 2021;61(7):1021-1039. doi:10.1111/head.14153

Intended for use by U.S. healthcare professionals.

