

Headache Research Report

APPENDIX M

Constipation Scoring System

(Agachan et al., 1996)

Name: _____

Date: _____

Frequency of bowel movements

- | | |
|---|--------------------------|
| 0 | 1-2 times per 1-2 days |
| 1 | 2 times per week |
| 2 | Once per week |
| 3 | Less than once per week |
| 4 | Less than once per month |

Difficulty: painful evacuation effort

- | | |
|---|-----------|
| 0 | Never |
| 1 | Rarely |
| 2 | Sometimes |
| 3 | Usually |
| 4 | Always |

Completeness: feeling incomplete evacuation

- | | |
|---|-----------|
| 0 | Never |
| 1 | Rarely |
| 2 | Sometimes |
| 3 | Usually |
| 4 | Always |

Pain: abdominal pain

- | | |
|---|-----------|
| 0 | Never |
| 1 | Rarely |
| 2 | Sometimes |
| 3 | Usually |
| 4 | Always |

Time: minutes in lavatory per attempt

- | | |
|---|--------------|
| 0 | Less than 5 |
| 1 | 5-10 |
| 2 | 10-20 |
| 3 | 20-30 |
| 4 | More than 30 |

Assistance: type of assistance

- | | |
|---|-----------------------------|
| 0 | Without assistance |
| 1 | Stimulative laxatives |
| 2 | Digital assistance or enema |

Failure: unsuccessful attempts for evacuation per 24 hours

- | | |
|---|-------------|
| 0 | Never |
| 1 | 1-3 |
| 2 | 3-6 |
| 3 | 6-9 |
| 4 | More than 9 |

History: duration of constipation (yr)

- | | |
|---|--------------|
| 1 | 0 |
| 2 | 1-5 |
| 3 | 5-10 |
| 4 | 10-20 |
| 5 | More than 20 |

TOTAL SCORE: _____

(Minimum Score, 0; Maximum Score, 30)