

Daith Piercing for Migraines

**A report on our first medical survey of
1262 people into the effects of daith
piercing on migraines**

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By

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If you have had a daith piercing for migraines you can fill in our ongoing survey.
Follow the link at london-migraine-clinic.co.uk

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Introduction

The first daith piercing was created in 1992 by the New York piercer Eric Dakota as an aesthetic procedure. Unexpectedly, people began to reporting that their migraines had improved. The effect began to be discussed in social media, and in March 2015 it “went viral” after Dr Thomas Cohn, a specialist pain doctor in the USA reported the effect on his widely read website. Since then, it has been estimated that many thousands of people, mostly women, have had a ‘Daith’ for their migraines.

Migraines are very common. At least 10% of women, and a smaller proportion of men, suffer from them, sometimes very badly, so it is unsurprising that a significant proportion of women who have had the piercing would also have migraines. Opinions circulating on daith piercing in social media as to whether it is merely placebo are often strongly held and appear based more on belief than experience. It is worth noting that many of those who have expressed their doubts have not had a piercing. The overriding reality was that there was very little reliable data available, something we wanted to correct employing 3 separate surveys. The first is now complete and we report it here.

Version 1 of our survey collected responses from 1262 people with both migraines and a daith piercing from 10th May to 26th June 2017. We are still collecting responses on Version 2:-

- 75% say their migraines are “greatly improved” or they “no longer have them”
- 82% with a Daith Piercing for migraines of participants say they are “very pleased” or “delighted”
- 78% would “definitely” recommend it to a friend with migraines

Using medication intake as a more objective measure, 49% of those taking triptans in the month before their piercing had stopped them by the month before the survey

However we should add some words of caution about these figures:-

- 11% reported “no obvious change”. The survey is likely to be under-reporting this figure
- The improvements wear off with time
- Placebo response is often seen in migraine treatments, and may account for part (or all) of the response recorded (though placebo response is generally less marked)
- Further research is needed to explore the non-responder rate, the rate the reported effect wears off, and the degree of placebo effect.

Despite these words of caution, detailed analysis of the survey data does suggest a daith piercing has a measurable effect.

It is not an expensive procedure compared to the days lost to migraines. However it does require a piercer with training, experience and expertise. The exact location of the piercing may be important because the daith piercing must pass through the small area innervated by the Vagus Nerve. If you are thinking of having one for your migraines, we would recommend that you find an experienced piercer, preferably attached to a migraine clinic for a full assessment of your migraines.

This Report is for Version 1 of our Daith Survey which was closed on 26th June 2017. Version 2 is still collecting data, and we will issue further reports soon

You are welcome to fill in our latest survey, even if you have 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

Detailed analysis of triptan consumption over time

Since May 2017 we have conducted three extensive surveys. The surveys assessed migraine and piercing history, and the symptoms before and after piercing (frequency and severity of headaches, nausea etc) as well as more objective measures of triptan and analgesia intake. In all three surveys we used the same assessment scales with 5-7 points.

An English Survey was distributed in two versions (V1 and V2) on social media, the second a development of the first. A separate Danish version was distributed by email invitation only to 2800 clients of a single Danish piercing clinic to examine the effects of any self-selection bias in the English surveys. The English V1 survey is now closed and reported here. We are still collecting data from the later surveys.

So far we have received over 2450 responses from people with both migraines and a piercing, and the results suggest a level of efficacy and longevity that has surprised us.

Results summary

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. Self-assessment of symptoms prior to piercing was consistent, and largely independent of the time since piercing.
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 as English V1 - 10.9%, English V2 - 9.5% and Danish - 17.3%. Those not responding to piercing did so consistently across all symptom modalities.

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 1. 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 |
|------------|----------------------------------------------|------------------------------|-----------------------------------------|------------------------------|
| English V1 | 1262 | 727 | 544 (75%) | 357 (49%) |
| English V2 | 642 | 319 | 242 (76%) | 166 (52%) |
| Danish | 601 | 311 | 185 (60%) | 92 (30%) |

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 those of the 2800 who had not completed the questionnaire had also not experienced 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. The Danish survey is still ongoing and we will be able to update this minimum reported response rate in due course.

The first English survey was large enough to analyse reported triptan consumption by different piercing durations, as shown in Figure 1. The figures record a reported improvement 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

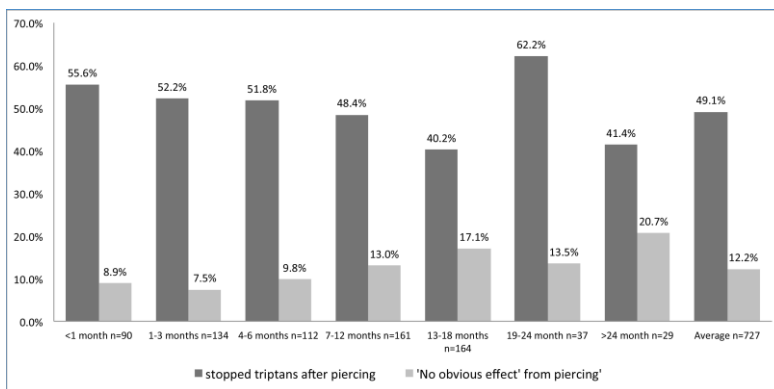


Figure 1 Results from English V1 –Percentage of patients reporting they had stopped taking triptans after piercing and those reporting “no obvious effect” of the piercing on migraines for different piercing durations (n= number of people taking triptans at the time of their piercing).

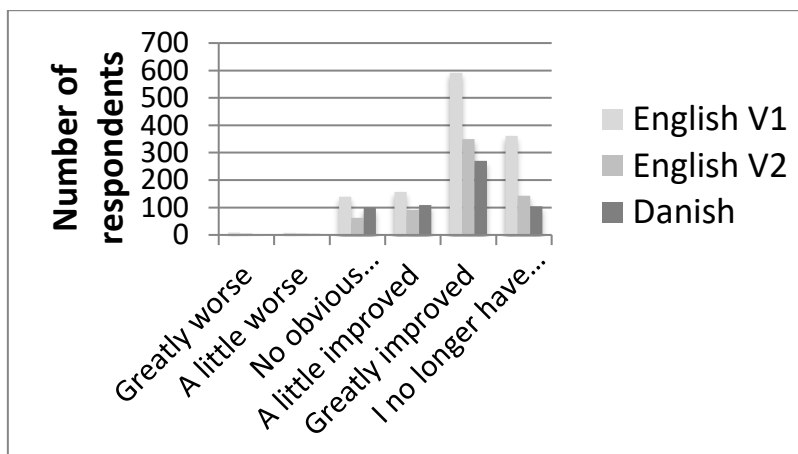


Figure 2. Comparison of three surveys reporting numbers of respondents assessing changes in their migraines after a daith piercing, using a 6 point scale.

Effect of Daith Piercing on other symptom parameters

Patients also recorded similar benefits across all symptoms assessed, including frequency and severity of headache, the number of symptom-free days, and the severity of nausea and photophobia. Non-migraine headaches were also reduced in frequency and severity, and analgesic consumption was reduced.

Discussion

The effect of Daith Piercing on migraines appears marked across all three surveys, though we have not excluded any placebo effect. The piercing passes through the *crus helix*, a cartilage ridge in the external ear immediately above the entrance to the auditory canal, an area innervated by the vagus nerve. Transcutaneous vagus nerve stimulation has been shown to have a central effect in migraines and epilepsy, and has been used to treat migraines (Goadsby et al 2014).

The possible effects of Daith Piercing on migraines deserve further research.

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.

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 |
| 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 for those 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


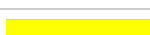







11. Can you easily tell the difference between a migraine and a severe headache? (for most sufferers a migraine is immediately recognisable - eg they have nausea and vomiting. For a few, headache is the main symptom with few or none of the others, and they can only tell the difference later by the severity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


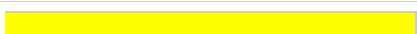




13. Do you remember when they first started?

| | | | 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 |
| 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 |


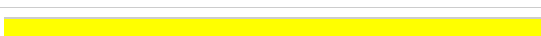





14. How long before your first migraines/severe headaches began did you remember having regular milder headaches?

| | | | 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 |
| | | | 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 |
| | | | 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 | 1262 |
| | | | skipped | 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 |

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

| | | | Response Percent | Response Total |
|---|-----------------------|--|------------------|----------------|
| 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 |
| | | | 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 | |
| | | | | | | | | | 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 Daith Piercing | 32.3% (407) | 16.6% (210) | 21.6% (272) | 13.6% (172) | 7.6% (96) | 6.4% (81) | 1.9% (24) | 1262 | |
| 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 Piercing | 54.8% (690) | 22.5% (284) | 14.4% (181) | 3.4% (43) | 4.9% (62) | 1260 |
| 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 |