

100-Question Multiple-Choice Quiz About Headaches

1. What is the most common type of primary headache?
 - A. Cluster headache
 - B. Migraine
 - C. Tension headache
 - D. Sinus headache
2. Which symptom is most commonly associated with migraines?
 - A. Sudden loss of hearing
 - B. Throbbing head pain
 - C. Chest pain
 - D. Rash
3. What does the term "aura" refer to in migraine sufferers?
 - A. Fever before a headache
 - B. Visual or sensory disturbances
 - C. Muscle weakness after exercise
 - D. Ear infection symptoms
4. Which headache type is known for severe pain around one eye?
 - A. Tension headache
 - B. Sinus headache
 - C. Cluster headache
 - D. Rebound headache
5. Which factor commonly triggers migraines?
 - A. Adequate sleep
 - B. Hydration
 - C. Stress
 - D. Balanced meals
6. What is photophobia?

- A. Fear of water
- B. Sensitivity to light
- C. Loss of smell
- D. Dizziness

7. Which over-the-counter medication is commonly used for headache relief?

- A. Ibuprofen
- B. Antibiotics
- C. Insulin
- D. Antacids

8. What is a rebound headache?

- A. A headache caused by exercise
- B. A headache from medication overuse
- C. A headache after eating
- D. A headache due to dehydration only

9. Which symptom may accompany a cluster headache?

- A. Runny nose
- B. Broken bone
- C. Hair loss
- D. Stomach ulcer

10. Which beverage can trigger headaches in some people?

- A. Water
- B. Milk
- C. Red wine
- D. Herbal tea

11. Dehydration can commonly cause which type of headache?

- A. Tension-type headache
- B. Infection headache
- C. Brain tumor headache

D. Trauma headache

12. Which nutrient deficiency is sometimes linked to headaches?

- A. Vitamin D
- B. Calcium
- C. Magnesium
- D. Sodium only

13. What is the typical duration of a migraine?

- A. A few seconds
- B. 4–72 hours
- C. Two weeks continuously
- D. Less than one minute

14. Which headache type often feels like a tight band around the head?

- A. Cluster headache
- B. Tension headache
- C. Migraine
- D. Stroke headache

15. Which symptom is considered a medical emergency with headaches?

- A. Mild fatigue
- B. Sudden “worst headache of life”
- C. Mild nausea
- D. Temporary stress

16. What is nausea commonly associated with?

- A. Cluster headaches only
- B. Tension headaches only
- C. Migraines
- D. Eye strain only

17. Which lifestyle habit may reduce headaches?

- A. Skipping meals
- B. Irregular sleep
- C. Staying hydrated
- D. Excess caffeine

18. Which hormone change commonly affects migraines?

- A. Insulin changes only
- B. Thyroid hormones only
- C. Estrogen fluctuations
- D. Growth hormone changes only

19. Which imaging test may be used to investigate severe headaches?

- A. MRI
- B. Ultrasound of the foot
- C. Colonoscopy
- D. Dental X-ray only

20. What is phonophobia?

- A. Fear of insects
- B. Sensitivity to sound
- C. Loss of taste
- D. Muscle pain

21. Which headache is often associated with sinus pressure?

- A. Sinus headache
- B. Cluster headache
- C. Migraine aura
- D. Rebound headache

22. Which food additive can trigger headaches in some people?

- A. Fiber

- B. MSG
- C. Protein
- D. Potassium

23. Which headache disorder is more common in women?

- A. Migraine
- B. Cluster headache
- C. Brain injury headache
- D. Fever headache

24. What does chronic migraine mean?

- A. One migraine per year
- B. Migraine lasting one hour
- C. Headaches occurring 15 or more days per month
- D. Migraines only during winter

25. Which factor can worsen tension headaches?

- A. Relaxation
- B. Good posture
- C. Stress
- D. Drinking water

26. Which medication class is commonly prescribed for migraine prevention?

- A. Beta blockers
- B. Antibiotics
- C. Antifungals
- D. Steroids only

27. Which symptom may indicate meningitis rather than a simple headache?

- A. Mild thirst
- B. Stiff neck and fever
- C. Hunger

D. Sneezing

28. What is a common migraine trigger related to food?

- A. Fresh vegetables
- B. Aged cheese
- C. Rice
- D. Apples

29. Which headache type may wake a person from sleep?

- A. Cluster headache
- B. Mild tension headache
- C. Hunger headache only
- D. Eye strain headache only

30. Which organ system is primarily involved in migraine disorders?

- A. Nervous system
- B. Digestive system
- C. Urinary system
- D. Skeletal system

31. Which condition can cause secondary headaches?

- A. Brain tumor
- B. Stress only
- C. Mild fatigue only
- D. Hunger only

32. Which technique may help prevent tension headaches?

- A. Meditation
- B. Smoking
- C. Skipping sleep
- D. Dehydration

33. Which headache symptom may suggest stroke?

- A. Gradual mild discomfort
- B. Sudden weakness or speech difficulty
- C. Mild thirst
- D. Temporary boredom

34. What is caffeine withdrawal known to cause?

- A. Skin rash
- B. Headaches
- C. Broken bones
- D. Vision improvement

35. Which headache type is often pulsating?

- A. Migraine
- B. Sinus headache only
- C. Tension headache only
- D. Posture headache only

36. What is a common environmental migraine trigger?

- A. Bright lights
- B. Quiet rooms
- C. Fresh air
- D. Darkness

37. Which headache may occur after a head injury?

- A. Post-traumatic headache
- B. Cluster headache
- C. Tension headache
- D. Sinus headache

38. Which sleep habit may help prevent headaches?

- A. Consistent sleep schedule
- B. Staying awake all night
- C. Frequent naps only
- D. Sleeping two hours nightly

39. Which headache type is more common in men?

- A. Cluster headache
- B. Migraine
- C. Hormonal headache
- D. Sinus headache

40. What is the purpose of keeping a headache diary?

- A. To avoid doctors
- B. To identify triggers and patterns
- C. To increase headaches
- D. To replace treatment

41. Which symptom commonly accompanies sinus headaches?

- A. Nasal congestion
- B. Hair loss
- C. Chest pressure
- D. Hearing loss

42. Which type of headache is considered primary?

- A. Migraine
- B. Brain hemorrhage headache
- C. Infection headache
- D. Tumor headache

43. Which activity may trigger exertional headaches?

- A. Heavy lifting
- B. Reading quietly
- C. Drinking water
- D. Sleeping

44. Which healthcare professional commonly treats chronic headaches?

- A. Neurologist
- B. Dentist only
- C. Dermatologist
- D. Orthopedic surgeon only

45. Which weather condition can trigger headaches in some people?

- A. Barometric pressure changes
- B. Calm weather only
- C. Snow only
- D. Mild temperatures only

46. Which headache symptom is typical of migraines?

- A. One-sided pain
- B. Broken tooth
- C. Skin infection
- D. Leg swelling

47. Which medication type is specifically designed for migraine attacks?

- A. Triptans
- B. Antibiotics
- C. Antihistamines only
- D. Vitamins only

48. Which symptom may occur before a migraine begins?

- A. Aura
- B. Bone fracture
- C. Rash
- D. Tooth decay

49. Which habit can contribute to frequent headaches?

- A. Poor posture
- B. Regular exercise
- C. Healthy diet

D. Hydration

50. Which headache type is least common?

- A. Cluster headache
- B. Tension headache
- C. Migraine
- D. Dehydration headache

51. What does analgesic mean?

- A. Headache trigger
- B. Pain-relieving medication
- C. Sleep disorder
- D. Vitamin supplement

52. Which symptom suggests eye strain headache?

- A. Blurred vision after screen use
- B. Fever and rash
- C. Severe chest pain
- D. Paralysis

53. Which infection commonly causes headaches?

- A. Flu
- B. Broken arm
- C. Arthritis only
- D. Osteoporosis

54. Which beverage may help relieve dehydration headaches?

- A. Water
- B. Energy drinks only
- C. Alcohol
- D. Soda only

55. Which headache symptom may require emergency evaluation?

- A. Sudden confusion
- B. Mild stress
- C. Hunger
- D. Yawning

56. What is a common childhood headache disorder?

- A. Migraine
- B. Cluster headache only
- C. Stroke headache
- D. Brain tumor only

57. Which mineral is sometimes used as a migraine supplement?

- A. Magnesium
- B. Iron only
- C. Zinc only
- D. Copper only

58. Which condition is associated with thunderclap headaches?

- A. Brain bleeding
- B. Seasonal allergies only
- C. Dry skin
- D. Mild dehydration only

59. Which therapy may help tension headaches?

- A. Massage
- B. Smoking
- C. Excess alcohol
- D. Sleep deprivation

60. Which factor may trigger headaches during travel?

- A. Jet lag
- B. Healthy meals
- C. Relaxation
- D. Walking

61. Which headache is linked to medication overuse?

- A. Rebound headache
- B. Sinus headache
- C. Cluster headache
- D. Exertional headache

62. Which diagnostic procedure may analyze spinal fluid in severe headache cases?

- A. Lumbar puncture
- B. Colonoscopy
- C. Echocardiogram
- D. Bone scan

63. Which headache type often occurs in cycles?

- A. Cluster headache
- B. Sinus headache
- C. Eye strain headache
- D. Hunger headache

64. Which symptom commonly worsens migraines?

- A. Physical activity
- B. Rest
- C. Darkness
- D. Quiet environments

65. Which vitamin deficiency may contribute to headaches?

- A. Vitamin B2 deficiency
- B. Vitamin K only
- C. Vitamin E only
- D. Vitamin A only

66. What is a common trigger for weekend headaches?

- A. Changes in sleep schedule
- B. Drinking water
- C. Walking outside
- D. Reading books

67. Which headache may be associated with fever?

- A. Infection-related headache
- B. Tension headache only
- C. Eye strain headache only
- D. Hunger headache only

68. Which pain description best fits a tension headache?

- A. Tight pressure
- B. Sharp stabbing pain around one eye
- C. Electric shock sensation
- D. Burning skin pain

69. Which body chemical is involved in migraines?

- A. Serotonin
- B. Calcium only
- C. Insulin only
- D. Hemoglobin only

70. Which headache trigger is related to fasting?

- A. Skipping meals
- B. Stretching
- C. Reading
- D. Sleeping early

71. Which headache disorder may include tearing of the eye?

- A. Cluster headache
- B. Tension headache
- C. Dehydration headache
- D. Hunger headache

72. Which imaging method uses radiation?

- A. CT scan
- B. MRI only
- C. Ultrasound only
- D. EEG only

73. Which headache type can be hereditary?

- A. Migraine
- B. Sinus headache only
- C. Dehydration headache only
- D. Hunger headache only

74. Which symptom may occur during migraine aura?

- A. Zigzag visual lines
- B. Hair growth
- C. Sneezing only
- D. Tooth pain only

75. Which condition may cause headaches from low oxygen?

- A. High altitude
- B. Reading
- C. Meditation
- D. Quiet sleep

76. Which type of headache is often bilateral?

- A. Tension headache
- B. Cluster headache
- C. Eye injury headache
- D. Stroke headache

77. Which lifestyle change may reduce migraine frequency?

- A. Regular exercise

- B. Sleep deprivation
- C. Smoking
- D. Excess caffeine

78. Which symptom is uncommon in simple tension headaches?

- A. Severe vomiting
- B. Mild pressure
- C. Neck tightness
- D. Scalp tenderness

79. Which headache trigger is linked to strong smells?

- A. Perfume
- B. Water
- C. Fresh bread
- D. Exercise only

80. Which sleep disorder may contribute to headaches?

- A. Sleep apnea
- B. Healthy sleep
- C. Daytime walking
- D. Good posture

81. Which headache is associated with eye redness?

- A. Cluster headache
- B. Tension headache
- C. Hunger headache
- D. Dehydration headache

82. Which symptom is typical in migraine attacks?

- A. Sensitivity to smells
- B. Broken bone pain
- C. Skin infection
- D. Foot swelling

83. Which headache may result from poor ergonomics?

- A. Tension headache
- B. Cluster headache
- C. Thunderclap headache
- D. Sinus headache

84. Which condition can cause headaches due to elevated blood pressure?

- A. Hypertensive crisis
- B. Healthy circulation
- C. Mild fatigue
- D. Balanced nutrition

85. Which hormone-related headache occurs around menstruation?

- A. Menstrual migraine
- B. Sinus headache
- C. Exertional headache
- D. Eye strain headache

86. Which symptom suggests a sinus infection headache?

- A. Facial tenderness
- B. Sudden paralysis
- C. Chest tightness
- D. Hearing loss

87. Which activity may help relieve stress headaches?

- A. Yoga
- B. Smoking
- C. Excessive alcohol use
- D. Sleep deprivation

88. Which headache can occur after spinal anesthesia?

- A. Post-dural puncture headache

- B. Sinus headache
- C. Cluster headache
- D. Menstrual migraine

89. Which symptom is associated with migraine progression?

- A. Increasing sensitivity to light
- B. Hair growth
- C. Improved appetite only
- D. Increased hearing only

90. Which pain reliever should be used cautiously to avoid rebound headaches?

- A. Frequent analgesics
- B. Water
- C. Vitamins
- D. Stretching exercises

91. Which headache symptom in older adults should always be evaluated carefully?

- A. New-onset headache
- B. Mild hunger
- C. Temporary boredom
- D. Sneezing

92. Which disease can cause temporal headaches and vision problems in older adults?

- A. Temporal arteritis
- B. Asthma
- C. Diabetes only
- D. Eczema

93. Which headache may improve in a dark quiet room?

- A. Migraine
- B. Cluster headache only

- C. Sinus headache only
- D. Dehydration headache only

94. Which dietary habit may help prevent headaches?

- A. Regular balanced meals
- B. Skipping breakfast
- C. Excess sugar intake
- D. Severe dieting

95. Which type of headache can be caused by caffeine excess?

- A. Caffeine headache
- B. Tumor headache
- C. Stroke headache
- D. Sinus infection headache

96. Which symptom is characteristic of thunderclap headache?

- A. Sudden severe pain
- B. Mild gradual discomfort
- C. Itching only
- D. Sneezing only

97. Which factor may help reduce computer-related headaches?

- A. Screen breaks
- B. Staring continuously at screens
- C. Poor lighting
- D. Dehydration

98. Which specialist may help with vision-related headaches?

- A. Ophthalmologist
- B. Podiatrist
- C. Cardiologist only
- D. Gastroenterologist only

99. Which headache symptom is often described as excruciating?

- A. Cluster headache pain
- B. Mild tension headache
- C. Hunger headache
- D. Mild dehydration headache

100. Which healthy habit supports overall headache prevention?

- A. Balanced lifestyle
- B. Chronic sleep deprivation
- C. Smoking regularly
- D. Skipping hydration