

12-item Allodynia Symptom Checklist (ASC-12)

Question: How often do you experience increased pain or an unpleasant sensation on your skin during your most severe type of headache when you engage each of the following?	Does not apply to me	Never	Rarely	Less than half of the time	Half of the time or more
	Score: 0	Score: 0	Score: 0	Score: 1	Score: 2
wearing a necklace					
wearing earrings					
wearing glasses					
wearing tight clothes					
wearing a pony tail					
wearing contact lenses					
shaving the face					
taking a shower					
combing the hair					
resting the head on a pillow					
exposure to cold					
exposure to heat					
Total score:					
Sum of score:					

Allodynia	ASC range
None	0-2
Mild	3-5
Moderate	6-8
Severe	9 or more