***How often do you experience increased pain or an unpleasant sensation on your skin during your most severe type of headache when you engage in each of the following?***

1. Combing your hair

\_0. Does not apply to me

\_0. Never

\_0. Rarely

\_1. Less than half the time

\_2. Half the time or more

2. Pulling your hair back (e.g., ponytail)

\_0. Does not apply to me

\_0. Never

\_0. Rarely

\_1. Less than half the time

\_2. Half the time or more

3. Shaving your face

\_0. Does not apply to me

\_0. Never

\_0. Rarely

\_1. Less than half the time

\_2. Half the time or more

4. Wearing eyeglasses

\_0. Does not apply to me

\_0. Never

\_0. Rarely

\_1. Less than half the time

\_2. Half the time or more

5. Wearing contact lenses

\_0. Does not apply to me

\_0. Never

\_0. Rarely

\_1. Less than half the time

\_2. Half the time or more

6. Wearing a necklace

\_0. Does not apply to me

\_0. Never

\_0. Rarely

\_1. Less than half the time

\_2. Half the time or more

7. Wearing earrings

\_0. Does not apply to me

\_0. Never

\_0. Rarely

\_1. Less than half the time

\_2. Half the time or more

8. Wearing tight clothing

\_0. Does not apply to me

\_0. Never

\_0. Rarely

\_1. Less than half the time

\_2. Half the time or more

9. Taking a shower (when shower water hits your face)

\_0. Does not apply to me

\_0. Never

\_0. Rarely

\_1. Less than half the time

\_2. Half the time or more

10. Resting your face or head on a pillow

\_0. Does not apply to me

\_0. Never

\_0. Rarely

\_1. Less than half the time

\_2. Half the time or more

11. Exposure to heat (e.g., cooking, washing your face with hot water)

\_0. Does not apply to me

\_0. Never

\_0. Rarely

\_1. Less than half the time

\_2. Half the time or more

12. Exposure to cold (e.g., using an ice pack, washing your face with cold water)

\_0. Does not apply to me

\_0. Never

\_0. Rarely

\_1. Less than half the time

\_2. Half the time or more

Notes: Scoring. Total Score ASC-12 is the sum of the scored responses to all questions.

Reference

Jakubowski M, Silberstein S, Ashkenazi A, Burstein R. Can allodynic migraine patients be identified interictally using a questionnaire? Neurology 2005;65:1419-1422.