

[mTOC-4. Migraine Treatment Optimization Questionnaire](#)

Migraine Treatment Optimization Questionnaire-4 (mTOQ-4)

Determines effectiveness of current migraine treatment plan. This tool can be used to gauge symptom control of acute migraine therapy

INSTRUCTIONS

The mTOQ-4 Score is calculated by the addition of the selected points:

Question		Points
	Never or rarely	0
After taking your migraine medication, are you pain-free within 2 hours for most attacks?	Less than half the time	1
	Half the time or greater	2
	Never or rarely	0
Does one (1) dose of your migraine medication usually relieve your headache and keep it away for at least 24 hours?	Less than half the time	1
	Half the time or greater	2
	Never or rarely	0
Are you comfortable enough with your migraine medication to be able to plan your daily activities?	Less than half the time	1
	Half the time or greater	2
	Never or rarely	0
After taking your migraine medication, do you feel in control of your migraines enough so that you feel you can return to normal function?	Less than half the time	1
	Half the time or greater	2
	Never or rarely	0

Interpretation:

mTOQ-4 Score	Treatment Effectiveness
0	Very poor treatment efficacy
1-5	Poor treatment efficacy
6-7	Moderate treatment efficacy
8	Maximum treatment efficacy

Literature

Original/Primary Reference

Lipton RB, Kolodner K, Bigal ME, et al. Validity and reliability of the migraine-treatment optimization questionnaire. *Cephalalgia*. 2009;29(7):751-759.

Validation

Lipton RB, Fanning KM, Serrano D, Reed ML, Cady R, Buse DC. Ineffective acute treatment of episodic migraine is associated with new-onset chronic migraine. *Neurology*. 2015;84(7):688-695.

Other References

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