

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
Amount to Score For Each Response	Score: 0	Score: 0	Score: 0	Score: 1	Score: 2
1. Wearing a necklace					
2. Wearing earrings					
3. Wearing glasses					
4. Wearing tight clothes					
5. Wearing a ponytail					
6. Wearing contact lenses					
7. Shaving the face					
8. Taking a shower					
9. Combing the hair					
10. Resting the head on a pillow					
11. Exposure to cold					
12. Exposure to heat					
Total score for each column:					
Grant Total (score from all columns):					

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

Published in 2008: The ASC-12 is a modified version of Quantitative Sensory Testing (QST) developed by Jakubowski and colleagues (Jakubowski et al, 2005) Authors Lipton RB; Bigal ME; Ashina S; Burstein R; Silberstein S; Reed ML; Serrano D; Stewart WF American Migraine Prevalence Prevention Advisory Group