

**Box C: Important components to include in the focussed headache history**

<ul style="list-style-type: none"><li>– Headache frequency</li><li>– Headache duration</li><li>– Headache location</li><li>– Headache intensity</li><li>– Quality of the pain (pressure, throbbing, stabbing)</li></ul>	<ul style="list-style-type: none"><li>– Associated symptoms (e.g. nausea/vomiting)</li><li>– Precipitating/provoking factors</li><li>– Alleviating factors</li><li>– Previous treatment experiences and responses to date (including benefits and side-effects)</li><li>– Previous headache history</li></ul>
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Source: Marshall S, Lithopoulos A, Curran D, Fischer L, Velikonja D, Bayley M. Living concussion guidelines: Guideline for concussion and prolonged symptoms for adults 18 years or older 2023 [Available from: <https://concussionsontario.org>].