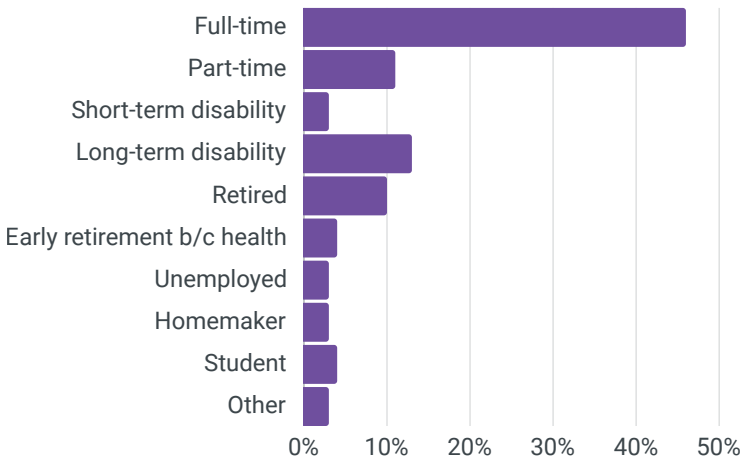


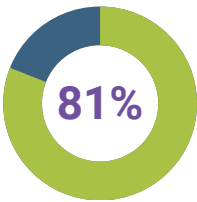
## Employment Status

Figure 1. Employment status of participants



1,144 people with migraine participated in this survey.

The majority of survey respondents (46%) reported that they worked full-time. 16% of participants indicated that they were on short- or long-term disability.

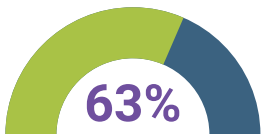


of these participants expressed that they were currently on disability **due to their migraine diagnosis**.

Two-thirds (66%) of participants had been on short- or long-term disability for **18 months or more**.

*"[I] wish work places were more accommodating and understanding. [I] wish this would **qualify as a disability** because **working while managing migraines has been very difficult**."*

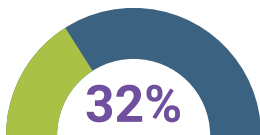
## Migraine & Work



63% of participants indicated that they had **disclosed their migraine diagnosis to their employer**.

- Of the participants who disclosed their diagnosis, **62%** indicated that they did so because **migraine had an impact on their work**.
- Alternatively, of the participants who **did not** disclose, **43%** reported that they refrained from sharing their diagnosis with their employer despite its impact on work because they were **concerned about the consequences**

DISCLOSURE



**Less than one-third** (32%) of participants reported that they had asked for accommodation at their workplace.

For more than half of these participants, accommodation requests were only accepted after **requiring a medical letter** (31%) or **not accepted** at all (22%).

Adaptations requested included:



Schedule flexibility



Lighting



Screen adaptation



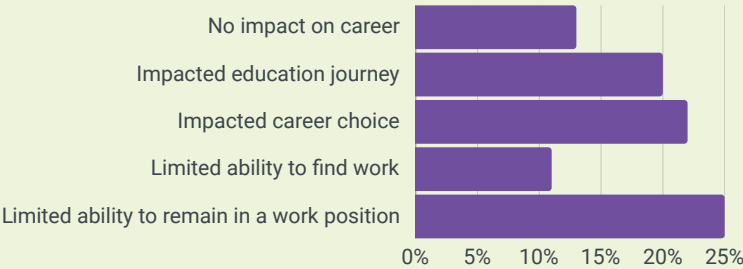
Workstation adaptation



No-scents policy

ACCOMMODATIONS

Figure 2. Impact of migraine on career and work



More than three-quarters of participants indicated that migraine impacted their career in some way, with the majority (25%) expressing that migraine limited their ability to remain in a work position.



Only **21%** of participants could confidently say that their co-workers understand what migraine is.

PEERS