

## Visual Aura Rating Scale (VARs)

Availability:	<b>Please email the author for information about obtaining the instrument:</b> <a href="mailto:kirchmann@dadlnet.dk">kirchmann@dadlnet.dk</a>
Classification:	Supplemental for Headache
Short Description of Instrument:	<p>The Visual Aura Rating Scale (VARs) is a simple tool that was designed to test patients for migraine with aura (MA) in accordance to the International Classification of Headache Disorders (ICHD) guidelines.</p> <p>Patients are checked for visual symptom characteristics and are assessed risk scores in 5 areas.</p>
Scoring:	<p>The VARs score is the weighted sum of the presence of five visual symptom characteristics: duration 5–60 min (3 points), develops gradually <math>\geq 5</math> min (2 points), scotoma (2 points), zig-zag lines (2 points), and unilateral (1 point). The maximum score is 10 points. A total score of 5 or higher indicates patients with visual migraine aura.</p>
Restrictions:	N/A.
References:	Eriksen MK, Thomsen LL, Olesen J. The visual aura rating scale (VARs) for migraine aura diagnosis. <i>Cephalalgia</i> 2005; 25:801–10.