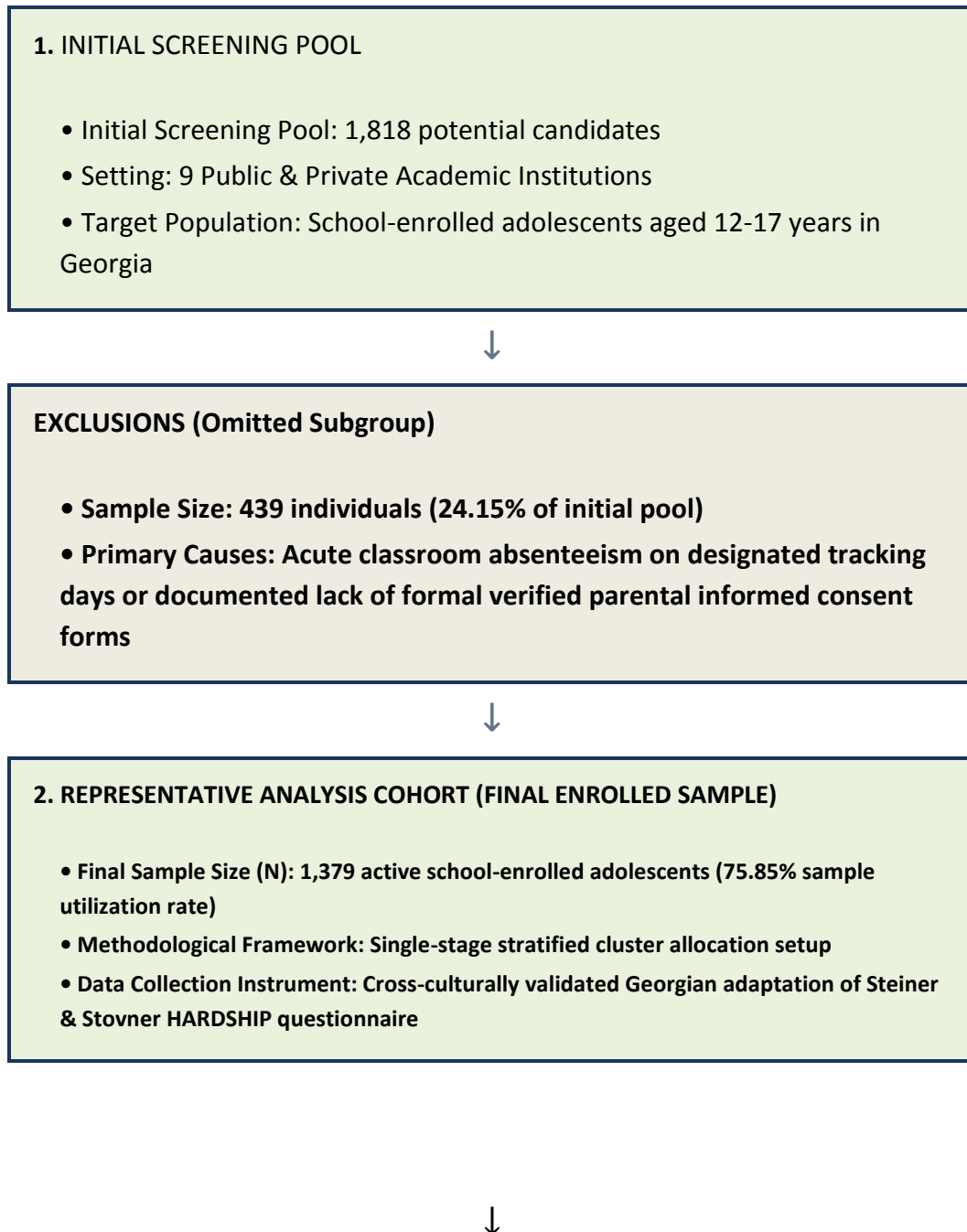


Methodological Flowchart 1





3. SUBJECTIVE HEADACHE PAIN SEVERITY PROFILES (Active 12-Month Sufferers, n=1,155)

- **Mild Pain ('not bad'):** 32.99% (n=381) of active sufferers
- **Moderate Pain ('quite bad'):** 44.59% (n=515) - represents the largest single clinical subgroup
- **Severe Pain ('very bad'):** 6.23% (n=72) exhibits acute manifest phenotypes and pervasive somatic burden
- **Missing / Unspecified:** 16.19% (n=187) with subjective intensity metrics unrecorded



4. BEHAVIORAL TRACKING & LIFESTYLE PHYSICAL ACTIVITY PATTERNS

- **Routine Exercise / Competitive Sports:** 44.89% (n=619) of the aggregate evaluated cohort
- **Complete Physical Inactivity:** 38.94% (n=537) presenting with systematic sedentary habits
- **The Fear-Avoidance Cascade:** Severe and high-frequency sufferers comprise the absolute majority of completely inactive youth (n=342), dictating total exercise avoidance in 63.69% of severe instances. Conversely, 68.49% (n=424) of low-frequency, mild sufferers maintain physical literacy.



5. MULTI-DIMENSIONAL HEALTH-RELATED QUALITY OF LIFE (HRQOL) IMPACTS

- **Physical & Somatic Attrition:** High attack frequencies powerfully predict lower physical energy, chronic daily exhaustion, and systemic fatigue.
- **Social & Academic Functioning Deficits:** High frequency independently predicts elevated peer alienation, academic mastery attrition, and home/family dynamics friction.
- **Psychological Well-Being:** High frequency suppresses shared laughter and life satisfaction. However, generalized anxiety and perception of a happy childhood demonstrate remarkable resilience, preserved by close-knit familial anchors in Georgia.