

MEETING ABSTRACT

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# EHMTI-0291. Chronic headache is associated with mental vulnerability, depression, and neuroticism and poor mental health-related quality of life: a cross-sectional population study

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From 4th European Headache and Migraine Trust International Congress: EHMTIC 2014 Copenhagen, Denmark. 18-21 September 2014

## Introduction

Psychiatric comorbidity in migraine and tension-type headache (TTH) is well established.

## Aim

To study differences in mental health variables in relation to headache subtype and frequency.

## Methods

A sample of 547 subjects completed a questionnaire based on ICHD-1 and provided data on mental vulnerability (12-item scale), depression (MDI), neuroticism (Eysenck Personality Questionnaire) and mental health-related quality of life (SF-12). Results were adjusted for age, gender and education in a multiple regression model. Chronic headache indicated headache on  $\geq 15$  days per month.

## Results

Mental vulnerability scores (mean  $\pm$  SD) were highest for chronic headache (migraine +/- TTH) headache (6.1  $\pm$  1.9), followed by chronic TTH (5.7  $\pm$  2.1), episodic migraine +/- TTH (4.2  $\pm$  1.9), episodic TTH (4.2  $\pm$  1.6), no headache (3.1  $\pm$  1.4), ( $p < 0.001$ ). Neuroticism scores were highest for chronic TTH (11.7  $\pm$  8.2), followed by chronic headache (9.5  $\pm$  4.9), episodic TTH (8.9  $\pm$  4.9), episodic migraine +/- TTH (8.8  $\pm$  4.5), no headache (6.2  $\pm$  4.3), ( $p < 0.001$ ). Depression scores were highest for chronic headache (13.8  $\pm$  10.4), followed by chronic TTH (12.6  $\pm$  14.0), episodic migraine +/- TTH (7.4  $\pm$  6.3), episodic TTH (7.2  $\pm$  7.3), and no headache (4.4  $\pm$  4.9), ( $p < 0.001$ ).

SF-12 scores were lowest in chronic TTH (43.0  $\pm$  11.6), followed by chronic headache (48.1  $\pm$  10.1), episodic TTH (51.2  $\pm$  8.8), episodic migraine +/- TTH (50.4  $\pm$  8.0), no headache (53.9  $\pm$  6.8), ( $p < 0.001$ ).

## Conclusions

Chronic migraine and TTH are associated with low mental health-related quality of life, high mental vulnerability, depression and neuroticism scores.

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Published: 18 September 2014

doi:10.1186/1129-2377-15-S1-B2

**Cite this article as:** Ashina et al.: EHMTI-0291. Chronic headache is associated with mental vulnerability, depression, and neuroticism and poor mental health-related quality of life: a cross-sectional population study. *The Journal of Headache and Pain* 2014 15(Suppl 1):B2.

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