INTRODUCTION

Migraine is a mysterious disorder characterized by pulsating headache (feeling of weightiest, fullness over forehead), usually restricted to one side, which comes in attacks and is often associated with nausea, vomiting, sensitivity of light, and sound, vertigo, loose motions and other symptoms. Migraine is very common type of headache, with a prevalence of 10-12%, ranks 19th among disease. It is a complex disorder in which many psychological, environmental, biochemical, neurophysiologic, and genetic factors play a role to trigger attacks. The diagnosis is based on headache and associated symptoms specified by International Headache Society. Migraine is a common cause of headache. Depression is one of common finding in these patients. The purpose of this study was to diagnose depression in patients of migraine to help the clinician for the better management of migraine.

Material & Methods: We interviewed after informed consent 102 patients for study.

Results: Out of 102 migraine patients, depression was documented in 60 patients; male 17 (28.33%) and female 43 (71.66%).

Conclusion: There is a strong association between migraine and depressive illness. Females are more commonly affected from depression than males with migraine.

Key words: Migraine, Depression, Headache.
Frequency of depression in migraine

HAMILTON DEPRESSION RATING SCALE – 24 items

(HDR maximum score= 15)

- 4: Normal
- 5-8: Mild
- 8-11: Moderate
- 12-15: Severe

RESULTS

The total number of patients with migraine examined were 102; males 38 (37.25%) and females 64 (62.75%). Depression was observed in 60 patients; out of whom 17 (28.33%) were males and 43 (71.66%) females.

DISCUSSION

Throbbing migraine headaches and major depression may be related. In fact having one may increase the occurrence of the other. Migraine sufferers were five times more likely than the headache-free individuals to develop major depression in the study conducted by the Henry Ford Health System.11

Researchers survey of 949 women with migraine about their history of abuse, depression and headache characteristics, 40% of woman had chronic headache more than 15 times in month, and 72% reported very severe headache related disability. The study found woman with migraine who had major depression were twice as likely as a child. In abused woman with migraine, depression was five times more common.12

Major depression increased the risk of migraine as well. This bidirectional association, with each disorder increasing the risk for onset of other, was not observed in relation to other severe headaches; both were considered directly proportional to each other.13

Another study found women with chronic headache were four times more likely than those with episodic headache to report symptoms of major depression.14

Shehbaz N et al15 reported depression, when it is co-morbid with migraine, not only increases the duration, frequency and severity of this primary headache disorder but also makes it more resistant to treatment.17 This study also suggested psychiatric evaluation of migraine patient for better control of migraine.

Migraine and depression were highly co-morbid (adjusted prevalence ratio 2.7, 95% CI 2.1 to 3.5) in a study by Lipton RBS et al.16

Migraine is two to three times more common in women than in men, with peak prevalence occurring during mid-life in both sexes. Significant associations have been reported between migraine and certain psychiatric disorders, epilepsy, and stroke in women under the age of 45.17

Our results are consistent with above mentioned reports of association between migraine and depression.

The association is likely to be explained by overlapping etiological risk factors.18

CONCLUSION

There is a strong association between migraine and depressive illness. Females are more commonly affected from depression than males with migraine.

REFERENCES


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