Prevalence of migraine and Tension Type Headache and factors affecting its occurrence in neurology outpatient's of Ardabil Alavi Hospital in 2014

Abstract

Introduction: Migraine and tension headaches are two major problems in human life due to their affect in life and performance reducing. This study was conducted to investigate the prevalence of migraine and tension type headache and factors affecting their occurrence in neurology outpatient's of Ardabil Alavi Hospital in 2014.

Materials and Methods: In this study, 900 cases were selected among outpatients who referred to Neurology clinic of Ardabil Alavi Hospital in 2014. Headache type was diagnosed by neurologist and required information was obtained through medical history and general and neurological examinations and was recorded in pre-designed questionnaire.

Results: Among the studied patients, 23/8% have migraine, 41/1% have tension-type headache (TTH), 3/4% have mixed tension migraine headache, and 16/9% were diagnosed with other types of headaches. Among migraine patients, 15/4% were male and 84/6% were female, and among TTH patients, 38/1% were male and 61/9% were female. The most location of headache was frontal (37/8%) and temporal (28/9%) in migraine and TTH patients, respectively. Frequency of headache attacks in migraine patients was often weekly or monthly (74/3%) and in patients with TTH was often daily or weekly (85/7%). The prevalence of headache history among migraine patients was significantly more than TTH patients (43/5% versus 34/1%, and P=0/0237).

Conclusion: The results showed that the prevalence of migraine and TTN was high in the study population (68/3%) and the frequency of headache attacks was weekly or daily in the majority of them. Because headache causes personal and social dysfunctions, more study seem to be essential in understanding risk factors of migraine and TTH in order to early detection of them.

Keywords: prevalence, headache, migraine, tension headache, outpatient.

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