▪ Headache Medicine 2026, Supplement ▪ p-ISSN 2178-7468, e-ISSN 2763-6178

Headache Medicine

ID: 132

Perceived stigma associated with restriction in social and leisure participation in individuals with migraine

Luís Mario Soares dos Santos Junior, Taciana Maciel, Milena Assis, Izabela Cruz, Jaqueline Santos, Tiago Sousa, Davi Almeida, Anna Xênya Araújo, David Emanuel Vilar de Oliveira Gomes, Vandeilson Morais Silva, Mayara Sterfany Silva Melo Lira, Daniella Araújo Oliveira

Federal University of Pernambuco, Recife, Pernambuco, Brazil

Luís Mario Soares dos Santos Junior
luis.mario@ufpe.br

Introduction
Perceived stigma may be associated with how individuals with migraine experience the disease, contributing to limitations in daily activities and participation restrictions.

Objective
To investigate the association between perceived stigma and restriction in social and leisure participation in individuals with migraine.

Methods
This cross-sectional observational study included 41 patients with migraine, 38 women, aged 18 to 55 years (34±12 SD), diagnosed according to the ID-Migraine. Data were collected using a sociodemographic and clinical form. Perceived stigma was assessed using the Stigma Scale for Chronic Illnesses 8-item version (SSCI-8). The variable "days without participation in social, family, or leisure activities due to headache" was defined as the dependent variable. Linear regression adjusted for medical treatment was conducted, with significance set at $p<0.05$.

Results
The linear regression model explained 38.5% of the variability in restriction of social and leisure participation ($R=0.620$; $R^2=0.385$; $n=21$). Perceived stigma showed a positive association with participation restriction, indicating that higher levels of stigma were associated with a greater number of days with restriction (=0.622; SE=0.226; t=2.759; p=0.013). Receiving preventive medical treatment was a protective factor, suggesting lower participation restriction among patients (=-5.014; SE=2.230; t=-2.249; p=0.037).

Conclusion
Perceived stigma was associated with greater restriction in social and leisure participation, whereas preventive pharmacological treatment was related to lower restriction, reinforcing the importance of clinical and psychosocial management of migraine.

Keywords:
Migraine disorders
Social stigma
Interictal period

© Copyright 2025