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Lived experiences of individuals with migraine: a qualitative analysis

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Introduction
Understanding the lived experience of individuals with migraine requires qualitative approaches capable of capturing perceptions, meanings, and the repercussions of the condition in daily life. In this context, similarity analysis allows the identification of lexical connections in participants' narratives, highlighting meaning cores that structure this experience.

Objective
To identify the meaning cores related to the lived experiences of individuals with migraine.

Methods
This was a descriptive qualitative study conducted with 12 patients, 9 women, aged 18 to 55 years (31±11 SD), with a diagnosis of migraine made by a neurologist. The interviews were transcribed and anonymized, and the meaning cores were analyzed using IRaMuTeQ through textual statistics and similarity analysis, considering nouns, verbs, and adjectives as active forms.

Results
Similarity analysis revealed a lexical network organized around the terms "migraine," "stay," "day," "medication," and "pass". The "migraine" core was associated with "attack," "feel," "trigger," "light," "sleep," and "vomit," indicating the presence of symptoms and triggering factors related to the painful experience. The "day" axis was connected to "routine," "time," "night," "college," "activity," and "life," suggesting interference of migraine in daily organization. The "medication" cluster was related to "take," "solve," "neurologist," and "hospital," pointing to the use of pharmacological strategies and the search for care. The terms "stay," "home," "person," "talk," and "believe" indicated functional limitation, withdrawal, and the need for social recognition of pain.

Conclusion
The meaning cores were painful attacks, associated symptoms, limitations in routine, search for care, and need for social recognition, highlighting repercussions that go beyond pain.

Keywords:
Qualitative research
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