



Letter to editor

A Brazilian version of the headache management self-efficacy scale: A new instrument in the Portuguese language

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We would like to comment on the article entitled “Brazilian version of headache management self-efficacy scale” by Vieira and coauthors¹ published in *Headache Medicine*. We would like to congratulate the authors for this work and bring some questions.

The severity of pain and headache-related disability impair the management of patients with headaches, and the greater the chronicity, the more difficult the management of these patients is.²

Thus, treatment adherence and self-efficacy beliefs are important factors in the management of headaches, and these must be measured with adapted and validated instruments of headache, e.g., Headache Management Self-Efficacy (HMSE), correlating it with other instruments validated in Portuguese.

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Dantas and coworkers² evaluated 135 patients from three tertiary headache centers in southern Brazil. We agree with the authors regarding the possible regional bias, as the recruitment took place in only one region of Brazil. Nevertheless, some questions arose: is the sample representative of this population? Did a single researcher conduct the interviews? If more than one researcher was involved, what were the intra- and inter-rater agreements? What about the level of education of the population studied?

Keywords:

Migraine

Self-efficacy

Disability

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The Brazilian Short Version of Headache Management Self-Efficacy (HMSE-10) was considered a valid and reliable measure of headache management self-efficacy beliefs, even not following guidelines proposed in the literature.³

The Headache Management Self-Efficacy Scale's correlations with a variety of clinically relevant measures reinforce its usefulness in clinical application and research.

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