



Prevalence of compulsion in migraine patients and its association with analgesic abuse

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Introduction

Migraine, is one of the most prevalent types of headaches, affects around 15% of people worldwide, more common among women, and causes a great effect in the quality of life of the individual. The diagnosis criteria of this disease is due to its duration and other characteristics such as phonophobia, photophobia, unilateral, pulsatile and intense crisis, nausea and vomiting, which can be preceded by aura and premonitory symptoms. With the purpose to ease those symptoms, the patients have a drug overuse. The medication-overuse headache (MOH) is an emerging problem, due to the possibility of developing psychiatric disorders like obsessive compulsive disorder (OCD) and impulsivity. Impulsivity consists in actions where the individual does not reflect upon it and make decisions fast, without planning or analyzing the case in the long term. Compulsion is defined as repetitive actions with the intention to ease anxiety or an uncomfortable situation.

Objective

Determine a prevalence of OCD in migraine patients, evaluating different scopes of it, including the association or not with drug abuse.

Methods

A cross-sectional study with 117 patients of both sexes, older than 18 years old. The group was made with migraine patients diagnosed by a neurologist according to the International Classification of Headache Disorders (ICHD) separated in two groups, one that has analgesics abuse and other that do not have. Three questionnaires were used: Barratt Impulsiveness Scale (BIS-11); Obsessive Compulsive Inventory-Revised (OCI-R) and the Migraine Disability Assessment (MIDAS). The data collected was placed in an electronic worksheet and processed in Software SPSS Statistics 22.0. There was an assumption of a p value of 0.05 to all cases with the intention to reject the null hypothesis.

Results

Among the 117 patients in the study, 92.3% are females. In the matter of scholarly, 62.2% have finished at least high school, while the other 37.8% have studied less than 11 years. The median age was 38 years old, and the median family income was 1 salary. The analgesic abuse was found on 33.3% of patients. Higher scores on OCI-R were shown in patients with drug abuse. Findings suggest that there is an association with individuals with a medication-overuse profile and the development of compulsive symptoms and the seriousness of the migraine symptoms also seems related to medication-overuse headache. Meanwhile, impulsivity factors do not seem to have an association with analgesic abuse.

Conclusion

The study showed that patients with medication-overuse headaches have a higher association with the development of compulsive behavior in comparison with the group without medication-overuse.

Keywords. Migraine, Medication-overuse, Obsessive compulsive disorder (OCD).