



Prevalence of postpartum depression in patients with migraine

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Introduction

Migraine is a disease of the central nervous system characterized by moderate or severe headache. Migraine is considered the third most prevalent disease and the seventh specific cause of incapacity in the world.

The prevalence of migraine in women increase after menarche compared with the prevalence of migraine in men. According to previous population-based studies, during reproductive years, a woman who has the diagnosis of menstrual migraine experiences the same symptoms throughout pregnancy and postpartum.

Childbirth is a major event in a woman's life. However, some mothers might present symptoms of postnatal depression. Postpartum depression is a mental disorder that reflects on the maternal role. Thus, it has negative consequences for them and their children. Postpartum depression is associated with increased risk for cognitive BB impairment, emotional difficulties and behavioral problems.

Clinically, headache influences the mental and physical health of pregnant and postpartum women. Studies reported that anxiety and depression disorders are two to ten times more common in migraineurs than in the general population. Therefore, it can be a risk for postpartum depression development.

Objective

To verify postpartum depression in migraine and non-migraine parturients.

Methods

Data was collected from a sample of 155 women, older than 18 years old, in the obstetric center of Santa Casa de Misericórdia de Barbacena, between October 2021 and August 2022, in the first 24 hours after labor by the members of the research. Clinic and concomitant disorders were collected from the patient's record. Parturients who did not agree to participate in the study and those with cognitive impairment were excluded.

All the patients signed an informed consent form to participate in the study.

All the patients answered the Edinburgh Postnatal Depression Scale (EPDS) and the ID-Migraine.

The EPDS was developed by Cox at al. in 1987 to identify postpartum depression in clinical environments and researches. It is a 10-question scale with a score to every question. To determine postpartum depression, the mother must score 10 or more. The EPDS score should not override clinical judgment.

The ID-Migraine is a simple three-item questionnaire used for screening migraine cases in primary care settings. It has been used in several researches all over the world and it has been translated to several languages, such as Portuguese.

Results

Based on the sample of 155 postpartum women, 25 (16.13%) achieved the criteria for migraine and 130 (83.87%) for non-migraine. Of the patients with postpartum depression associated with migraine, 4 (16%) were classified as migraine and 8 (16%) as non-migraine. On the other hand, among the patients who had headache during pregnancy 11 (12.22%) had postpartum depression compared to those who did not have headache during pregnancy: 1 (1.54%). In those patients, the OR (OR = 8.9, CI 1.12 - 70) and RR (RR = 7.9, CI 1.05 - 60) were significantly higher compared to those who did not have postpartum depression. The analysis did not find a relation between migraine and postpartum depression. However, a relation between headache during pregnancy and the presence of postpartum depression ($p < 0.05$).

Conclusion

Puerperal women do not present significant risks for the development of depression. However, patients who had headache during pregnancy have bigger risk of developing postpartum depression. This finding can contribute to recognizing postpartum depression in pregnant women, as well as early screening of depression symptoms in puerperium.

Keywords: Migraine, Headache, Postpartum depression, Women, Pregnancy.