



Relation between Depression and Anxiety Disorders with Migraine

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Introduction

Migraine is a disabling primary headache, characterized by repetitive episodes and often associated with nausea, vomiting, photophobia and phonophobia. Migraine, as a chronic condition, significantly affects patients' quality of life, so that, according to the Global Burden of Disease 2019 study, it is the second biggest cause of disability in the world and the first among young women. It is also worth highlighting the fact that approximately 80% of people who suffer from migraines will be affected by depression and anxiety.

Objective

Review and analyze the correlation between migraines and anxiety and depression.

Methodology

A search for scientific articles was carried out in the LILACS (Latin American and Caribbean Literature in Health Sciences) and SCIELO (Scientific Electronic Library Online) databases, using the descriptors "Migraine Disorders", "Depression" and "Anxiety", the inclusion criteria were: articles in English, Portuguese or Spanish published in the last 5 years. After analyzing titles and abstracts, 5 articles were included in the present study. Results

The main correlations established were based on: dysregulation of the circadian cycle, which is a risk factor for the development of depression, and which would be very present in patients with migraine, due to fragmented sleep in an attempt to alleviate their symptoms during day; in greater pain intolerance in patients with chronic migraines, who would have less capacity to resist anguish and discomfort and to deal with vulnerable situations, such as social isolation, shame, abuse or insufficient self-control, which would lead to the development of depressive symptoms; in greater sensitivity to stimuli, due to an increase in neuronal excitability, which would be due to a common pathophysiological mechanism of central sensitization in both migraine and depression, a hypothesis corroborated by the fact that medications, such as tricyclic antidepressants, treat both diseases, therefore, it is estimated that this hypersensitivity causes patients to focus more on their bodily sensations and, as a result, they are more susceptible to interpreting certain bodily stimuli as disturbing and catastrophic, and this exacerbated reaction can be related to anxiety and depression; and in dysfunctional eating activities, a thesis supported by two of the articles, according to which the incorporation of certain eating habits would be secondary to depression and anxiety disorders and these habits can trigger headache attacks.

Conclusion

The mechanisms by which migraine is related to depression and anxiety disorders are not yet completely elucidated, however, several significant correlations have been highlighted and it can be speculated that this relation occurs in a multifactorial and reciprocal way, since changes of habits, such as sleep hygiene and diet, can be a result of migraines and also depressive and anxiety disorders, thus, the pathology causing these habits would influence the emergence of the other, in addition, greater intolerance to pain and hypersensitivity to stimuli, which are explanations related to the central nervous system, point to a possible shared mechanism between migraine and depression, suggesting a common pathophysiological basis.

Furthermore, it is worth highlighting the need for more robust studies on the topic.

Keywords: Headaches Disorders; Affective Disorders; Circadian Rhythm; Sleep Disorders.