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OP 15 Theory of Mind and Metacognitive Abilities in Migraine Patients

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Background: Emotional dysregulation, difficulties in mentalization and metacognition in headaches has gain interest recently. Though the theory of mind (ToM) and metacognitive abilities have not been studied in adult migraine patients.

We aimed to test the hypothesis that theory of mind and metacognitive abilities were disturbed in patients with migraine.

Methods: 42 migraine without aura (MwoA) patients (1.2, ICHD-3), and 30 healthy controls (HCs) were enrolled. Of the patients, 22 had episodic and 20 had chronic migraine. Depression and dementia diagnoses were excluded in all participants. In order to evaluate theory of mind skills and metacognitive abilities, Dokuz-Eylül Theory of Mind Scale (DEToMS), Reading Mind in the Eyes test and Metacognition Scale were performed by the MwoA patients, during an attack-free period, and HCs. Patient and control groups were similar in terms of age, gender, and educational characteristics.

Results: There were no differences between patient with MwoA and the control group in metacognitive abilities. However, patients with MwoA had statistically significant lower scores from HCs in ToM tests. In addition, when chronic and episodic migraine groups were compared in terms of ToM scores, lower ToM skills were found in the chronic migraine group.

Conclusion: Our data point to the existence of TOM problems in migraine, particularly notable in chronic migraine patients. Approach to manage migraine has to include low TOM skills in migraine patients.

