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OP 20 Chronic Headache, Comorbidities, Lifestyle and Treatment modalities in an Adolescent Population

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Background: Headache is a common complaint in childhood and adolescence and is observed in 88% of this population. The rate of chronic headache in children and adolescents is seen between 1-4% . Headaches are routinely divided into two as primary headache (migraine, tension headache, cluster headache, etc.), in which complex and genetic and environmental factors are effective together, and secondary headache that develops due to a cause such as infection, inflammation, or intracranial tumor. When headache becomes chronic, it affects quality of life, school performance and active social life negatively in children and adolescents. With this study, we aimed to investigate the socio-demographic data in adolescents with chronic migraine and tension headache, obesity, nutritional habits, physical activity, lifestyle, tablet / phone usage characteristics, comorbid psychiatric symptoms and their effectiveness.

Method: Patients between the ages of 12 and 18 who applied to the Recep Tayyip Erdoğan University Faculty of Medicine, Neurology Outpatient Clinic between January 2018 and January 2019 were included in the study. Patients and control group with normal physical and neurological examination findings who have chronic migraine and chronic tension headache diagnosed according to the criteria of ICHD-III (The International Classification of Headache Disorders Second Edition) published by the International Headache Society. is included. PEDMIDAS ((Pediatric Migraine Disability Assessment Score) and anthropometric measurements were performed, which rated the sociodemographic form of patients, headache and disability in children and adolescents.

the patients and their families were later evaluated by the child psychiatry.

Results: Medication overuse headache was high in chronic migraine group. Depression and anxiety level was high in chronic tension type headache. High depression score and body mass index was a predictor of more headache disability.

Conclusion: High depression score and body mass index was a risk factor that was associated and worsening of headache in adolescence.