

# GLOBAL MIGRAINE & PAIN SUMMIT

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### OP 3 Prevalence of Primary Headache and Factors Associated with it Among Rift Valley University Adama Campus Students, 2019

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**Background:** Headache is a common chronic neurologic disorder with huge economic and psychosocial impact. In comparison with other health problems, there is a limited data on primary headache, especially from sub-Saharan Africa including Ethiopia. Therefore, the aims of this research were to assess prevalence of primary headache and associated factors among Rift Valley University Adama Campus Students.

**Method:** Participants selected using Quota sampling from three faculties of Rift Valley University, Adama. An interviewer administered questionnaire developed by reviewing related literature and Headache-attributed restriction, disability, social handicap and impaired participation (HARDSHIP) questionnaire and used to collect the data. STATA 12 was employed for data cleaning and analysis. Variables with a P-value of 0.25 and below on the bivariate regression were considered for Multivariate analysis. Finally, a P-value < 0.05 was considered as statistically significant.

**Results:** A total of 240 students were participated. The mean age of the student's was  $23.5 \pm 2.4$  years, 57.5% of them were female, 85.4 single and 67.50% of them were urban dwellers. Almost all, 97.9% of the respondents experienced headache in their lifetime and 61.3% within the last 30. Among those who experienced headache 69 (28.75%) of them had a primary type headache. Forty-one (17.1%) of the respondent's fulfilled the criteria for tension-type headache, 28 (11.7%) migraine and 155 (64.58) had unclassified. After controlling possible confounding effects of other covariates: age 23-28 year [AOR:3.52,95% CI=1.69,7.23], students from business faculty [AOR:0.30,95% CI=0.11,0.79], being from rural areas [AOR:2.13,95% CI=1.04,4.35], had history of nausea and vomiting [AOR:8.49,95% CI=3.12,23.15] and bothered by bright light [AOR:2.15,95% CI=1.30,3.57] had a significant association with primary headache.

**Conclusion:** Headache is a common complaint among Rift Valley University Adama Campus students and it limits the daily activity of majority of the sufferers. Student's need proper education about treatment to ease their suffering and forestall complication.