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Psycho-Physical Impact Of Migraine In Adults

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Abstract

Nowadays headache is very common. A Large number of people are being suffering from various types of day to day headaches. Migraine is one of the specific types of headache in which patients feel intense pain in one side of their head. Nausea, vomiting, sensitivity towards light or sound are also the major symptoms of migraine. It has been seen that migraine influences the health of patients very badly. The present research represents the psycho- physical impact of migraine in adults. The term psycho-physical refers the psychological and physical health. 100 adults "Mean age 35" in which 50 migraine patients and 50 healthy adults were selected from Jharkhand. At the very outset data was collected from diagnosed migraine patients afterwards from control group, which were healthy adults. World Health Organization Quality of Life (WHOQOl) scale was used to measure the psycho-physical impact, Migraine Disability Assessment Scale (MIDAS) was used to know the disability level of migraine and General Health Questionnaire-12 (GHQ-12) was used to identify healthy adults. Result reveals that migraine

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patients have significantly poorer psycho-physical health than healthy adults and severe migraine patients have significantly poorer psycho-physical health than mild migraine patients.

Keywords- Migraine, Psycho-physical impact.

Introduction

Nowadays people are suffering from various type of deceases in which headache is very common. Migraine is one of the specific types of headache in which patients feel intense pain in one side of their head. Nausea, vomiting, sensitivity towards light or sound are also the major symptoms of migraine. In other words, Migraine is a recurrent throbbing headache that typically affects on one side of the head. It is the result of specific attacks. People describe migraine pain as pulsating, throbbing, perforating, pounding, and debilitating. The symptoms of migraine may vary from person to person. Generally the symptoms of migraine roughly appear between 4 to 72 hours. It repeats again and again in patients which completely disturbs their life. Thus their work, family and social lives are badly influenced by it. According to the survey of WHO, migraine is ranked 19th among all diseases causing disability and is the 12th leading cause of years lived with disability among females of all ages worldwide.

It has been seen that migraine influences the health of patients very badly. The present research represents the psycho- physical impact of migraine in adults. The term psycho-physical refers the psychological and physical health. Here psychological health includes the social relations, environmental perception and overall life satisfaction.

Dasbach, Carides, Gerth et al. (2000) studied 407 moderate to severe migraine patients (age group 18-65) and found that absenteeism on work place, lost of productive time and work loss were increased during per migraine attack.

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Rhee (2000) found that girls tended to report more headaches than boys. Headache was associated with depression and low self- esteem.

Elringlon (2002) coded that migraine is very common in women. Menstruation is one of the migraine trigger in women. Poor climate and menopause are associated with worsening of migraine.

Huang, Cooper, Satana et al. (2003) investigated that migraineurs suffering from visual aura showed highly illusions and visual distortion. It creates hyper-neuronal activity in visual cortex.

Bair, Robinson & Kurt (2003) found that depression and painful symptoms generally occur together. Pain negatively influences the recognition, quality of life and work function. Depression in patients with pain is associated with greater impairments.

Elizabeth & Lawrence (2004) showed that females are more prone to migraine than males. They also showed that migraine is a debilitating chronic disease which creates impairment in patients.

Bryant, Marcus, Rains et al. (2005) coded that patients suffering from migraine with aura have more neuropsychological problems in comparison to migraine without aura.

Frederick & Freitag (2007) coded that migraine patients worry about the next migraine attack which negatively influences their family, social live and productivity of work. They found that severe migraine patients have overall functional impairment.

Araujo, Barbosa, Lemos et al.(2012) found that migraineurs have difficulty in remembering, attention and have low speed of processing information.

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Dwajani (2014) Showed that migraineurs have a negative impact on quality of life which includes physical, emotional and social aspects of daily life such as work, family and social relationships.

Objective-

- To compare the psycho-physical health of migraine patients and healthy adults.
- To compare the psycho-physical health of severe and mild migraine patients.
- To know the effect of gender on psycho-physical health of respondents.

Hypothesis-

- There would be significant difference between migraine patients and healthy adults in terms of psycho-physical health.
- There would be significant difference between severe and mild migraine patients in terms of psycho-physical health.
- There would be significant difference between male and female respondents in terms of psycho-physical health.

Methodology

Sample- 100 adults 'mean age 35' in which 50 migraine patients and 50 healthy adults, including equal number of male and female respondents were selected by purposive sampling method. Migraine patients were selected from different hospitals of Ranchi. Healthy adults were also selected from Ranchi town.

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Design- Quasi- experimental research design was used in this research. Migraine patients and healthy adults & gender were considered as independent variables. Psycho-physical impact was considered as dependent variable.

Tools-

- **Personal data Schedule (PDS)-** A short PDS was used to get essential information about the samples; such as age, gender etc.
- **Migraine Disability Assessment Scale (MIDAS)** –This scale was developed by Stewart and Lipton in 1999 and Hindi adaptation was done by Ratish Juyal, Rajesh Verma, Ravindra Kumar Garg, Rakesh Shukla, Atul Agrawal, Manish Kumar Singh in 2010. This scale was used to know disability level of migraine in adults. It is based on five disability questions and has three dimensions i.e. School/ job, House work and Social dimension. It's cronbach alpha reliability is 0.90.
- **General Health Questionnaire -12 (GHQ-12)** – This scale is adapted in Hindi by Shiv Goutam in 1987. It is the short version of GHQ- 60. This scale was used to select healthy adults. It has 12 items and every item has four options. Score 0,0,1,1 is given for every item. The respondents who got total score of 2 or less than 2 are selected as healthy adults. Total score of more than 2 is the indicator of unhealthy person. The test- retest reliability of this scale is 0.83 and validity is 0.73.
- **World Health Organization Quality of Life Inventory (Hindi Version**) - WHOQOL-BREF is adapted in Hindi by Saxena in 1996. It is a short version of the WHOQOL-100 and is a self rating instrument. This scale was used to

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the psycho-physical impact of migraine. It includes 26 items. Each item uses a likert type five point scale in positive direction. High score indicated good psycho-physical health and low score indicates poor psycho-physical health. It has good discriminated validity, content validity and test- retest reliability.

Procedure

In the first stage data has been collected from migraine patients. At first authentic permission has been taken to apply psychological scales (PDQ, MIDAS & WHOQOL) on diagnosed migraine patients from the directors of RIMS, CIP & RINPAS hospitals. Then the process of data collection has been started by the diagnosed migraine patients when they came out from clinic. At the very outset every patient was intimated about the goals of this research and other necessary information which he/she wants to know. Thus patient was established a workable rapport then they were administered the scales. The scales were filled by the patients their own-self individually.

In the second stage data was collected from healthy adults. Firstly every adult was asked about the substance related drinking habits and was filled GHQ-12. The adult who do not take any substance and got the score 2 or less than 2 were selected as healthy adults, then workable rapport has been established and administered the remaining scales (PDQ, CDS, WHOQOL). The same process was repeated to get data from every adult.

After completing the data-collection of 100 samples (50 migraine patients and 50 healthy adults) all data was feed in SPSS version 16 and t-test was used for the treatment of data. Then result has been drawn accordingly.

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Result-

Table-1

Comparison of Migraine patients and healthy adults in terms of psycho-physical health

Group	N	Mean	SD	t-value	P value
Migraine patient	50	48.52	13.891	15.616	0.01
Healthy adult	50	96.90	16.940		

Above table shows that healthy adults have got higher scores on WHOQOL scale and migraine patients have got lower scores. High scores indicate good psycho-physical health. Thus healthy adults have good psycho-physical health than migraine patients. t-value 5.616 is significant on 0.01 level. Therefore hypothesis is accepted.

Figure-1 showing psycho-physical health of healthy adults and migraine patients

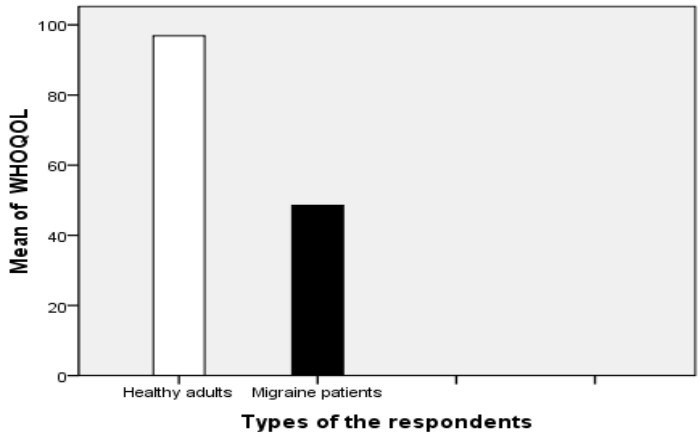

Table-2

Comparison of mild and severe migraine patients in terms of psycho-physical health

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Group	N	Mean	SD	t-value	P value
Mild	13	65.92	8.549	10.508	0.01
Severe	21	36.71	7.444		

Above table shows that number of mild migraine patients is 13 and number of severe patients is 21. Mild migraine patients got higher score (65.92) than severe migraine patients (36.71). This is clear that most of the patients are suffered with severe disability and they have poor psycho-physical health. t-value (10.508) is significant on 0.01 level. Thus hypothesis is accepted.

Figure -2 showing psycho-physical health of mild and severe migraine patients

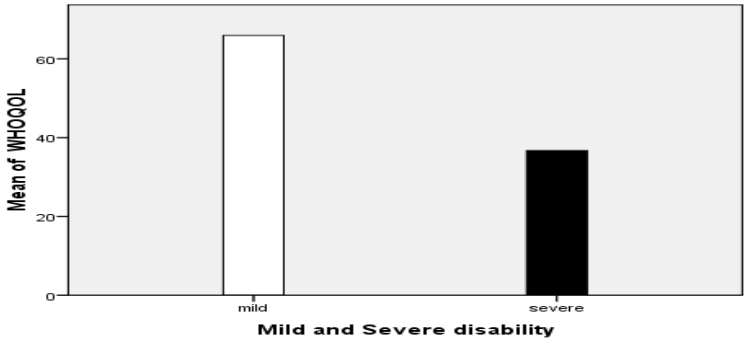

Table- 3

Comparison of male and female respondents in terms of psycho- physical health

Group	N	Mean	SD	t-value	P value
Male	50	68.06	25.353	1.629	NS
Female	50	77.36	31.419		

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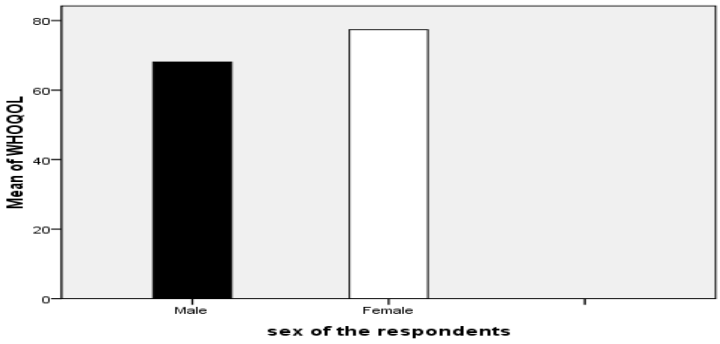
Above table shows that females got higher scores on WHOQOL scale in comparison to males. High score indicates good psycho-physical health. t-value is 1.629 which is not significant. Thus this is clear that gender does not influence the level of psycho-physical health.

Figure-3 showing psycho-physical health of male and female respondents



Discussion-

First result shows significant difference between migraine patient and healthy adult in terms of psycho-physical health. It has been found that migraine patients have poor psycho-physical health in comparison to healthy adults, because migraine influences the psychological and physical health of patients very badly. Rhee (2000) found that migraine was associated with depression and low self- esteem. Huang, Cooper, Satana et al. (2003) investigated that migraine patients had highly illusions and visual distortion. It creates hyper-neuronal activity in visual cortex. Araujo, Barbosa, Lemos et al.(2012) found that migraineurs have difficulty in remembering, attention and have low speed of processing information. Dwajani (2014) also supports the result.

One of the result shows that mild migraine patients have good psycho-physical health than severe patients, because mild migraine patients have less disability. So they are less influenced by migraine. Dasbach, Carides, Gerth et al. (2000) supports the result. Frederick & Freitag (2007) coded that severe migraine patients have overall functional impairment.

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Result table -3 shows that gender does not influence the level of psycho- physical health. In this generation male and female both have approximately similar life style. Both feel the symptoms of decease similarly.

Conclusion

Conclusively we can say that migraine badly influences the psycho-physical health of patients. Mild migraine patients have good psycho-physical health than severe patients. Gender does not influence the level of psycho-physical health. In other words we can say that increasing level of migraine decreases the level of psycho-physical health.

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