P-155 - ANXIETY AND DEPRESSION PREVALANCE OF MIGRAINE PATIENTS

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Objective: Migraine is one of the most common primary headaches which worldwide affects more than 10% of people. Anxiety disorder and depression often accompany this disease and increase the number and severity of migraine attacks. Detection and treatment of psychiatric disorders with migraine provides a major contribution to effective pain control. The purpose of this study is to determine the prevalence of anxiety and depression disorders in patients with migraine.

Methods: Two groups are formed with migraine patients and healthy volunteers. So far 51 patients are included to migraine group by the neurologist according to "The International Classification of Headache Disorders, 2nd edition" (ICHD-2). There are 60 subjects in the healthy control group. After being examined by the psychiatrist both of the groups meet the psychologist and have the Beck Depression Inventory (BDI) and Beck Anxiety Inventory (BAI).

Results: Until now, in the migraine group BAI is high with 15 patients (29%) and BDI is high with 19 patients (37%) whereas in the control group BAI is high with 6 subjects (10%) and BDI is high with 10 subjects (16%). Both tests have significantly higher scores than the control group ($p < 0.001$).

Discussion: The study is ongoing and according to the current findings the prevalence of anxiety and depression in patients with migraine is higher than the normal population. For this reason migraine patients should also be questioned and treated at psychological aspects.