



## PREVALENCE AND MEDICAL-SOCIAL ASPECTS OF PRIMARY HEADACHES IN ADOLESCENTS IN THE REPUBLIC OF MOLDOVA: DESCRIPTIVE EPIDEMIOLOGICAL STUDY.

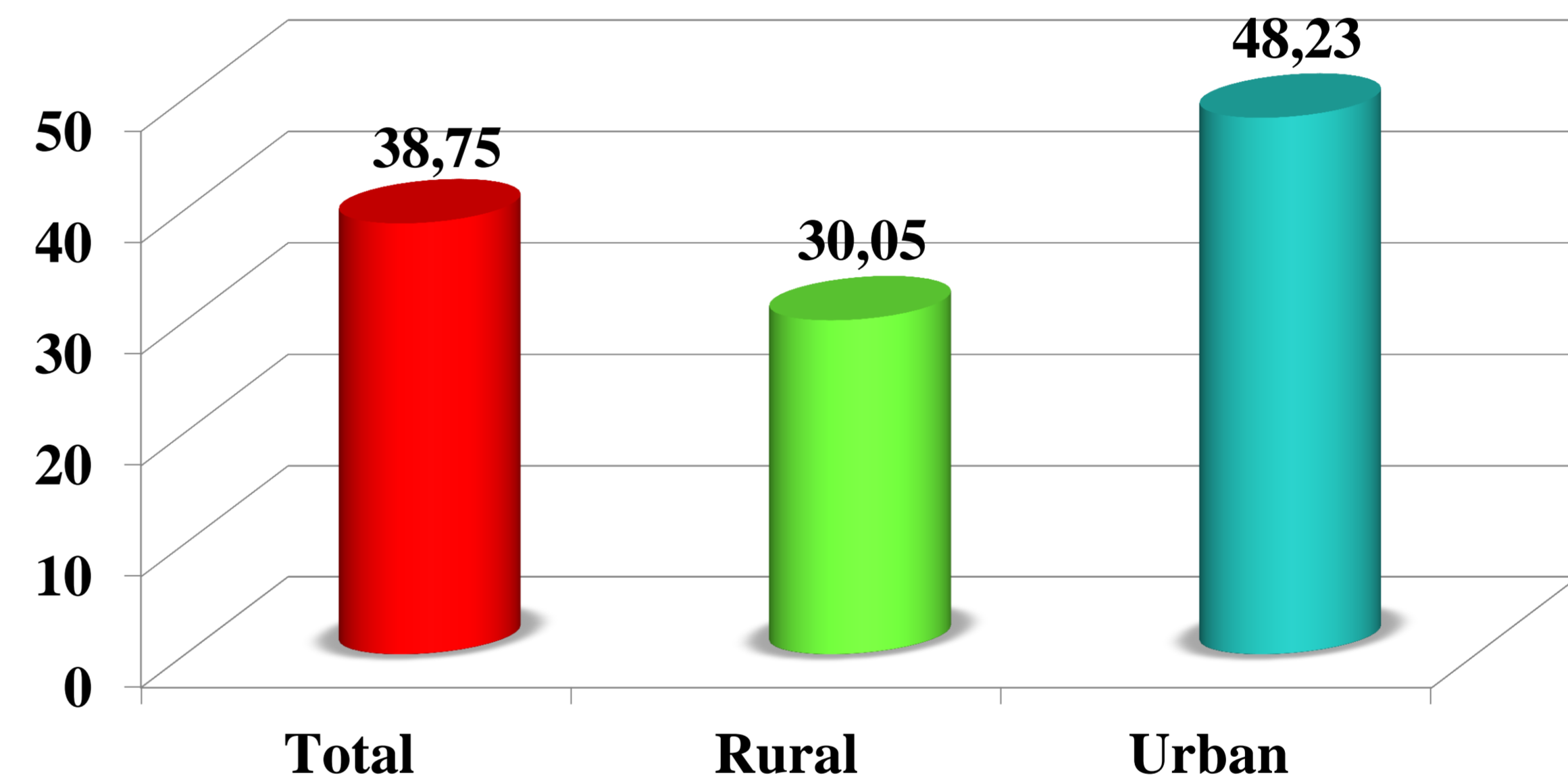
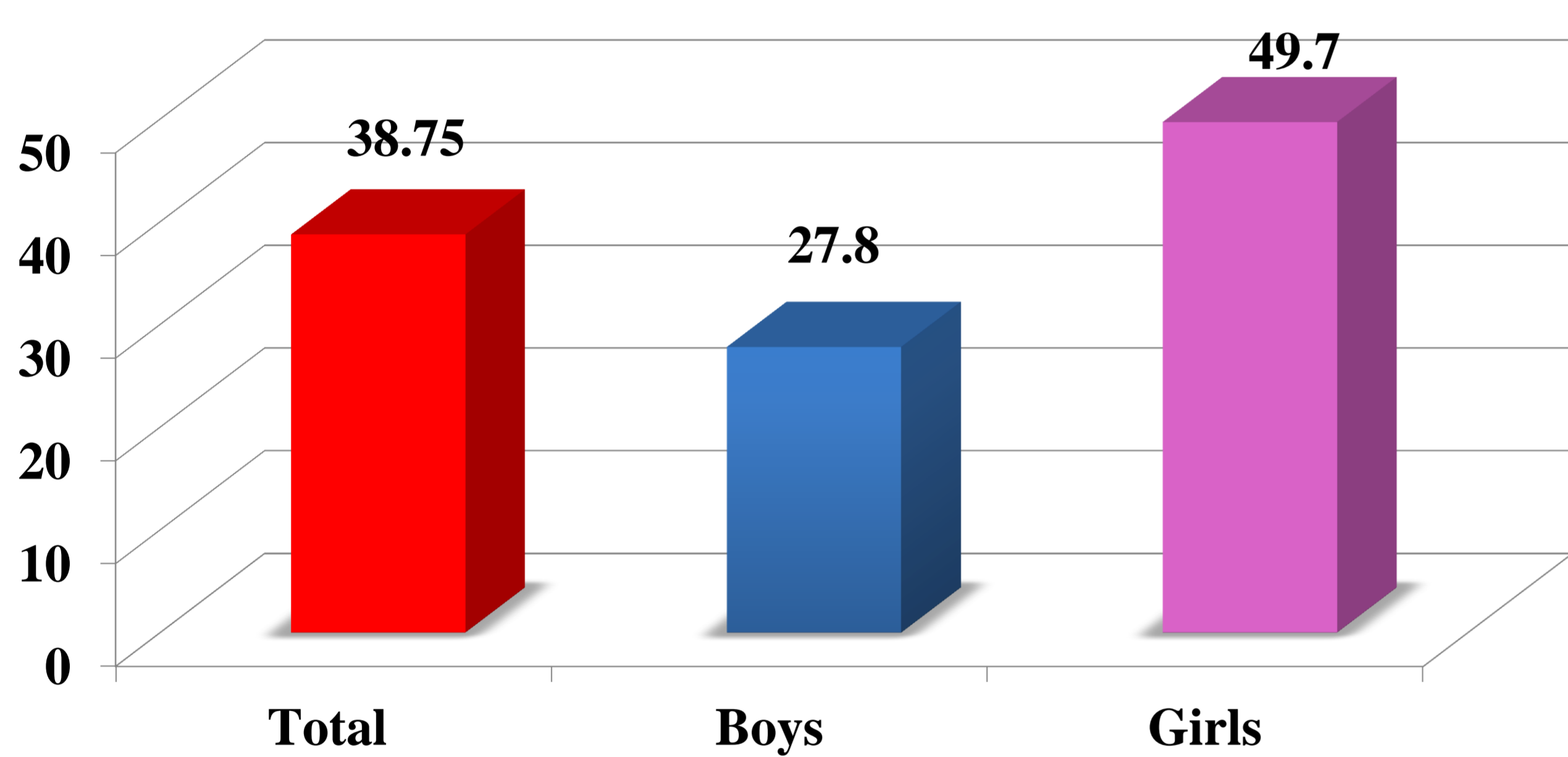
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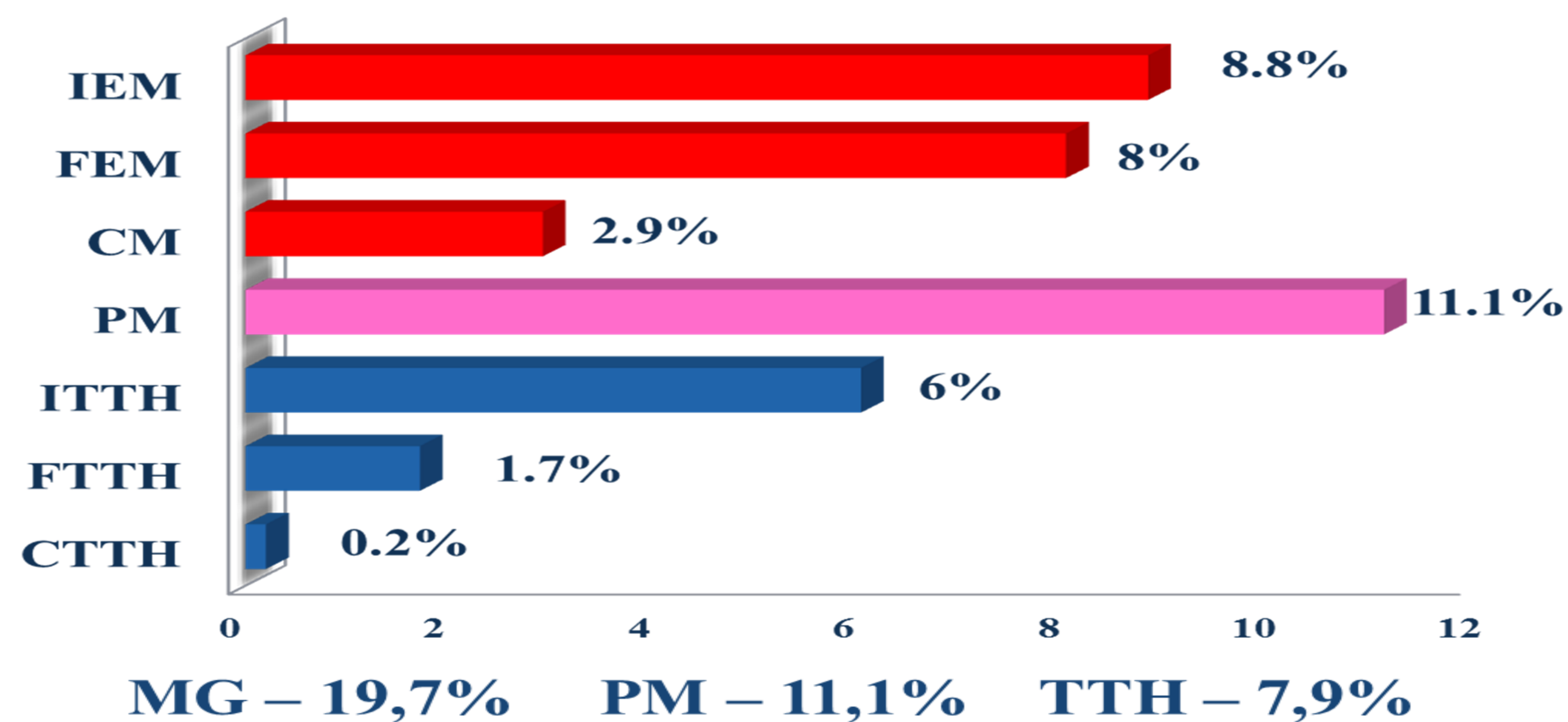
**Objectives:** The aims of this study were to estimate overall prevalence of primary headaches, prevalence of migraine (MG), tension-type headache (TTH) and to study medical-social characteristics of headaches in adolescents in the Republic of Moldova.

**Methods:** This school-based study was conducted during the study year 2015–2016. In total there were 3389 adolescents, whose age ranged from 10 to 19 years, recruited from urban and rural areas of the country. The information was collected with the use of self-administered questionnaire based at criteria ICHD–2 (2004) and ICHD–3 (2013). Primary headaches were classified, according to the type of headache and after the frequency of headache attacks/month. The statistical analysis was performed by applying IBM SPSS Statistics for Windows version 22.

**Results:** The overall prevalence of primary headaches in Moldavian adolescents is 38.75% (girls–49.7%, boys–27.8%), and it is higher in urban area (48.23%) than in rural (30.05%).



The prevalence of MG is 19.7%. The prevalence of MG is higher in girls (27.5%) than in boys (12.1%) and it is higher in urban adolescents 27.1% compared to rural ones 13.0%. The prevalence of TTH is 7.9% and it is almost equal in both sexes (8.0% in girls and 7.7% in boys).



In urban adolescents the prevalence of TTH is 10.2% and is more than 1.7 times the recorded level in rural areas 5.8%. Adolescents living with both parents suffer less often from headache (31.1%) compared to those living without parents (51.3%). In adolescents who practice *extracurricular activity* MG (23.7%) is more frequent than TTH (11.9%). *Sleep disturbances* were present in an equal proportion in adolescents with both types of headache (MG–57.9%, TTH–53.7%). *Pain comorbidity* was more common in adolescents with MG (65.9%) than with TTH (58.3%). *Anxiety* disorder was found more frequently in adolescents diagnosed with MG (54.6%), compared with adolescents diagnosed with TTH (46.3%). From all adolescents diagnosed with headache, who mentioned the presence of headache in relatives, 61.1% were diagnosed with MG and 47.4% with TTH.

**Conclusion:** The present research is the first Moldavian survey on epidemiology of primary headaches in adolescents.