

SCHOOL AND FAMILY PSYCHOLOGICAL PROFILE OF ADOLESCENTS AFFECTED BY TENSION-TYPE HEADACHE

K. Stepanchenko, V. Marchenko, Department of Neurology and Child Neurology, Kharkiv Medical Academy of Postgraduate Education, Kharkiv, UKRAINE

Introduction

Tension-type headache (TTH) is the most common form of primary headaches children and adolescents have. Based on medical studies, the frequency of TTH among children ranges from 36.8% to 52.0% or even 72.8%. Comprehensive assessment of the factors contributing to the manifestation of the TTH is a problem that requires further in-depth study. Progress in solving it involves in-depth study of the possible connection of the TTH with age, gender, psychological peculiarities, as well as the role of the immediate environment, in particular family and school

The aim

to study the role of school anxiety and family relationships in the development of TTH in adolescents.

Methods

A total of 270 adolescents with TTH have been under study. We formed three groups: 1st – adolescents with episodic TTH (ETTH); 2nd - with chronic TTH (CTTH); 3rd – control group (adolescents without headache). The study of the level of school anxiety (Phillips scale), and the level of psychosocial stress, and emotional/social support to adolescents (the questionnaire "Interaction parents-child" (I. M. Markovskaya)) was performed.

Results

The increased level of school anxiety was most pronounced in adolescents with ETTH. A low level of physiological stress resistance was observed with an increased frequency of headache episodes ($r=+0,45$, $p<0,05$). We found that rates of very demanding mothers and increased severity

of the measures that had been applied to adolescents were higher in patients with TTH compared with the control group ($13,5\pm2,6$ and $10,3\pm2,2$ points respectively, $p<0,05$).

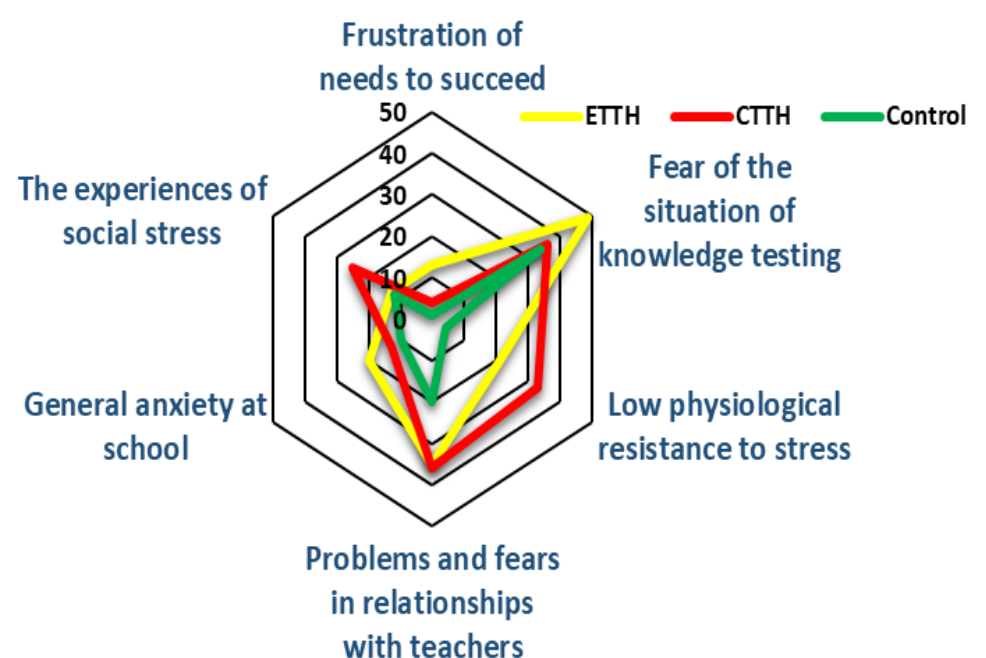
Adolescents with ETTH, in contrast to the control group, indicated more often a mother's strict control ($17,9\pm2,4$ and $11,1\pm2,2$ points respectively, $p<0,05$).

Adolescents with CTTH pointed out emotional distance, lack of cooperation, and low degree of satisfaction with their current relationships with both parents more often than adolescents with ETTH ($p<0,05$).

Conclusions

Adolescents with TTH have a high level of school anxiety and disturbed parental-adolescent relationships. Lack of basic security extends the individual significance of stress events for adolescents with TTH and leads to the formation of inadequate and limited pain coping strategies.

Level and type of anxiety in adolescents with TTH (%)



CONFLICT OF INTEREST: None