Treatment Use and Satisfaction in a High Frequency Sample of People Self-Identifying with Migraine: Results of the Coalition for Headache and Migraine Patients (CHAMP) Headache Disease Patient Access Survey

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BACKGROUND & OBJECTIVES

- CHAMP, a U.S.-based advocacy coalition for people with headache disease, surveyed members of their community during the winter of 2019–2020 to characterize their patterns of diagnosis, treatment, and treatment satisfaction.
- This research investigates patterns of headache treatment usage and correlates of treatment satisfaction in a subsample with a self-reported medical diagnosis (SR-MD) of migraine that is engaged in the migraine patient community.
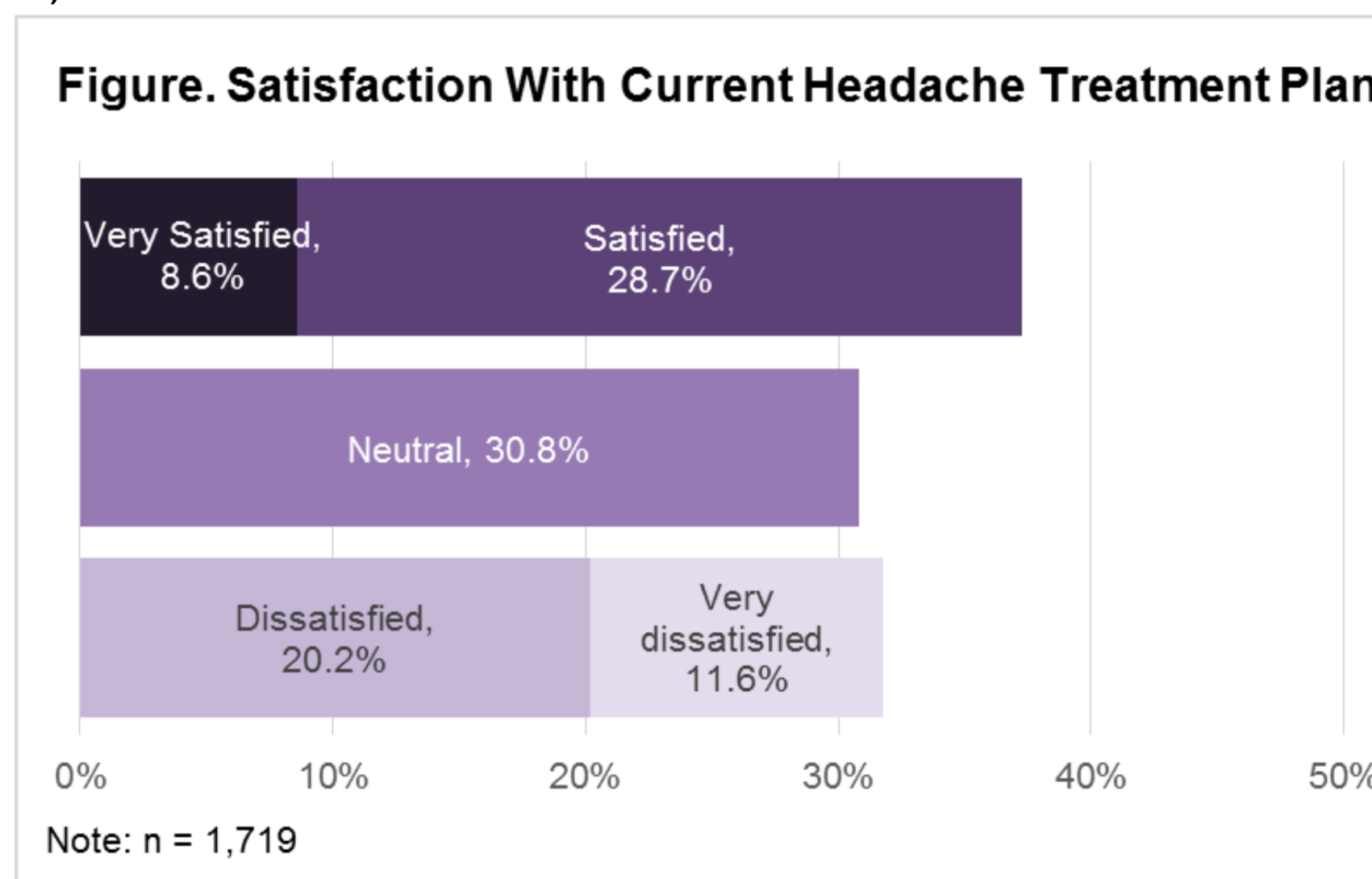
METHODS

- We conducted a purposive, web-based survey of coalition participants' communities, recruited via websites, social media posts, and email lists.
- Respondents were U.S. adults with at least one headache in the prior year not due to hangover or illness.
- Those under treatment were asked to rate their satisfaction with their overall treatment plan on a scale from 1-very dissatisfied to 5-very satisfied.
- This research includes bivariate analyses (ANOVA, t-test) of survey completers. Missing data have not been imputed and analyses use pairwise deletion; sample (n)s vary.

RESULTS

- Our analytic sample is limited to the 1,770 survey completers with a SR-MD of migraine: 92.6% were female, 9.2% non-white, 55.5% <50 years old, 51.7% held a bachelor's degree or higher, and 28.7% were disabled or on disability.
- The majority of respondents (60.8%) self-reported chronic migraine (CM) (n=1,016).
  - There was 95% agreement between self-reported CM diagnosis and CM diagnosis assigned using the AMS/AMPP migraine diagnostic screener and using Silberstein-Lipton criteria for CM.

RESULTS

- For headache, 84.8% reported current or prior use of prescription pharmacological acute treatments (n=1,499) and 87.3% prescription pharmacological preventive treatments (n=1,543).
  - Just over half (55.1%; n=976) reported current or prior use of ≥ 10 pharmacological headache treatments.
- Use of neuromodulators/neurostimulators for headache was modest (19.1%; n=337). However, 69.7% had used biobehavioral treatments (n=1,168) and nearly all respondents had tried complementary/alternative therapies (96.2%; n=1,688) for headache.
- Considering all current headache treatments, only 37.3% (n=641) of respondents were satisfied/very satisfied with their treatment plan (**Figure**).*

Figure. Satisfaction With Current Headache Treatment Plan

Very Satisfied, 8.6%; Satisfied, 28.7%; Neutral, 30.8%; Dissatisfied, 20.2%; Very dissatisfied, 11.6%

Note: n = 1,719

- Those seeing headache specialists were most satisfied with their current headache treatment (**Table**).*
- Predictors of low treatment satisfaction were more pharmacological treatments tried, and lower education and income levels (**Table**).
- Those employed full time were more satisfied and those "occupationally disabled" less satisfied with treatment (**Table**).
- Number of monthly headache days was inversely correlated with treatment satisfaction (rs = -0.34, $p < 0.001$).

Table. Factors Associated with Overall Headache Treatment Satisfaction

	n	Mean	Std. Dev	F/t stat	Sig
Healthcare Professional (HCP) Type* (n = 1,656)					
Headache Specialist (HAS)	573	3.3	1.10	11.20	0.0000
Neurologist, not HAS	564	2.9	1.14		
Primary Care Providers (PCP)	373	3.0	1.10		
Other HCP	146	2.9	1.18		
Number of Pharmacologic Treatments (current and past) (n = 1,719)					
None	9	2.4	1.33	5.37	0.0003
1-9	753	3.1	1.13		
10-19	509	3.0	1.15		
20-29	203	2.9	1.12		
30 or more	245	2.8	1.13		
Educational Attainment (n = 1,706)					
Less than HS	7	2.4	0.79	2.69	0.0133
HS diploma or equivalent	155	2.9	1.23		
Some college	408	2.9	1.09		
Associate's degree	244	3.0	1.15		
Bachelor's degree	503	3.0	1.13		
Master's degree	310	3.2	1.16		
Doctorate or other prof degree	79	3.1	1.10		
Household Annual Income (n = 1,475)					
Less than $20,000	266	2.7	1.22	4.62	0.0001
$20,000 to $34,999	253	2.9	1.13		
$35,000 to $49,999	178	3.1	1.08		
$50,000 to $74,999	263	3.1	1.11		
$75,000 to $99,999	195	3.1	1.05		
$100,000 to $149,999	193	3.2	1.08		
$150,000 or more	127	3.2	1.14		
Employment (n = 1,716)					
Employed full time	584	3.2	1.08	-4.28	0.0000
Not employed full time	1,132	2.9	1.16		
Disability Status (n = 1,716)					
Disabled/on disability	489	2.9	1.14	2.88	0.004
Not disabled or on disability	1,227	3.1	1.14		

Note: Headache treatment satisfaction scores range from 1 (very dissatisfied) to 5 (very satisfied).

CONCLUSION

Despite widespread treatment use in this sample with high frequency migraine, treatment satisfaction was low and varied by respondent characteristics; particularly those with more severe and impactful disease.

*Notes: Satisfaction with "current headache treatment plan" included all pharmacological and non-pharmacological headache treatments.
In post-hoc pairwise comparisons, treatment satisfaction among those seeing a HAS was higher than those seeing a neurologist, non-HAS (p < 0.001), PCP (p < 0.01), or other HCP (p < 0.01).*