

SC111. The best friend of a migraine sufferer

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Introduction

Migraine is a disabling neurological disorder that affects a large part of the world population. In addition to intense headache, those who suffer from it have a great social impact, absenteeism from work, disruption of daily life and high symptoms compatible with depression and mood disorders.

Objective

To analyse the severity of depression symptoms in people with migraine who have or do not have dogs as pets.

Materials and Methods

49 patients attending a private health centre in the city of Córdoba were studied. The ICHD-3 criteria were used to establish the diagnosis of migraine and the Beck Depression Scale (BDI) to determine the presence and severity of depressive symptoms. The HIT-6 and MIDAS scales were also used, which measure impact indexes of headache and disability, respectively.

Results

Nearly sixty percent (57.14%, n=28) of the participants were dog owners. There were no statistically significant differences between dog-owning and non-dog-owning patients in terms of age, gender, percentage of medication, HIT score, or MIDAS score. 44.9% of patients with migraine evaluated suffer from depression according to the results of the BDI-II. Dog owners were significantly less likely to be depressed compared to their counterparts (32.14% vs. 61.9%, respectively. $X= 4.296.1$; $p=0.038$).

Conclusions

The data show that a large percentage of patients with chronic migraine also present symptoms of depression. However, dog ownership seems to have a positive influence on the mood of patients, presenting fewer symptoms of depression and less negative impact of suffering from headache.