

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.**

Materials and Methods

49 patients 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. $X= 4296.1$; $p=0.038$).

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.