

HEADACHE-RELATED DISABILITY AMONG MEDICAL STUDENTS IN NEPAL: A CROSS-SECTIONAL STUDY



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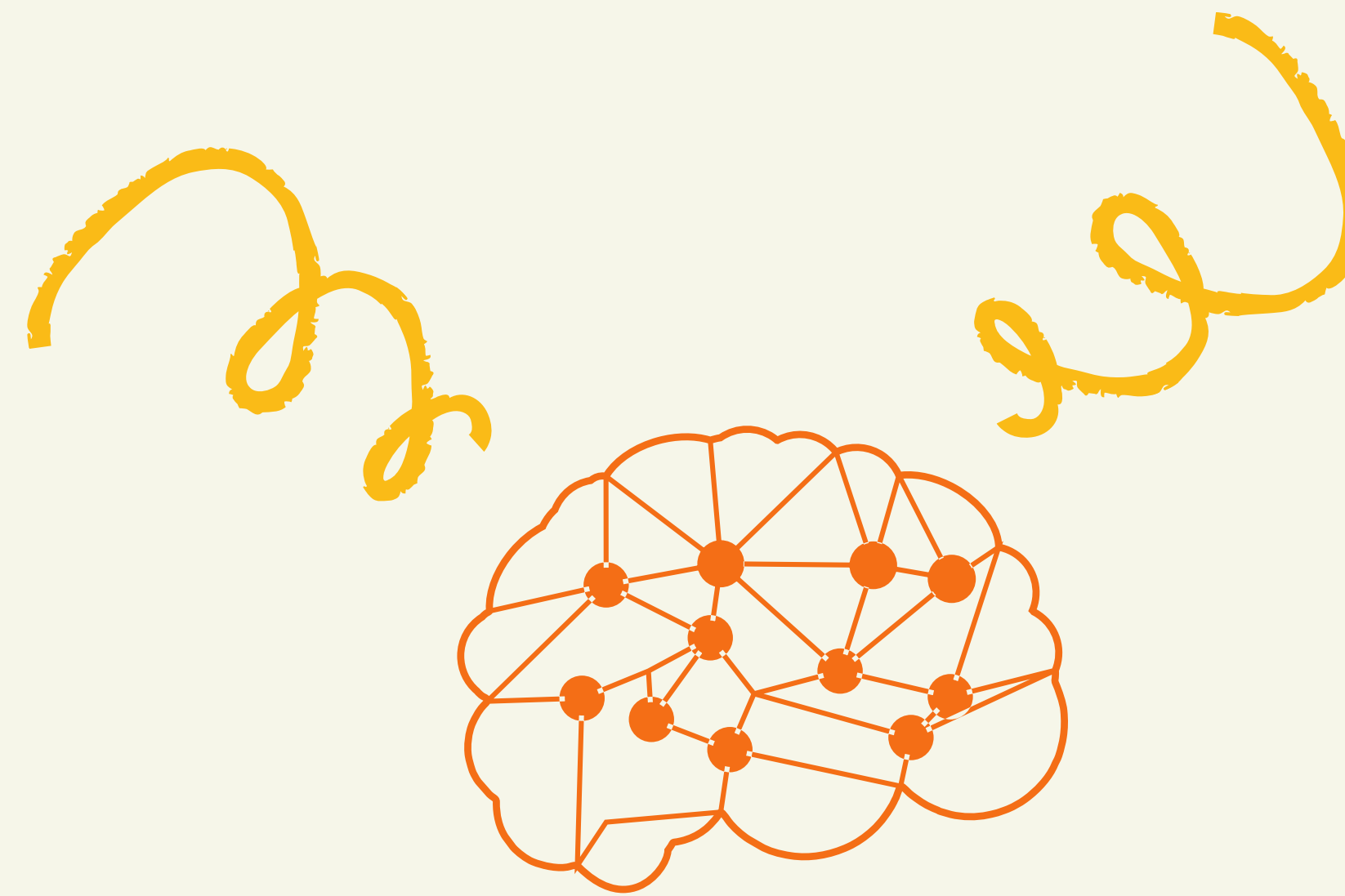


INTRODUCTION

Headache is a common health issue that can affect the quality of life and productivity of individuals, including medical students who are exposed to various stressors during their training. Nepal, a country located in South Asia, has a unique cultural and environmental context that may impact the health of medical students. However, there is limited research on the burden of headache-related disability among medical students in Nepal. Therefore, this cross-sectional study aims to investigate the prevalence and impact of headache-related disability among medical students in Nepal.

OBJECTIVE

To evaluate the prevalence of headache in medical students, and quantify the degree of disability through HIT-6 and MIDAS scale.

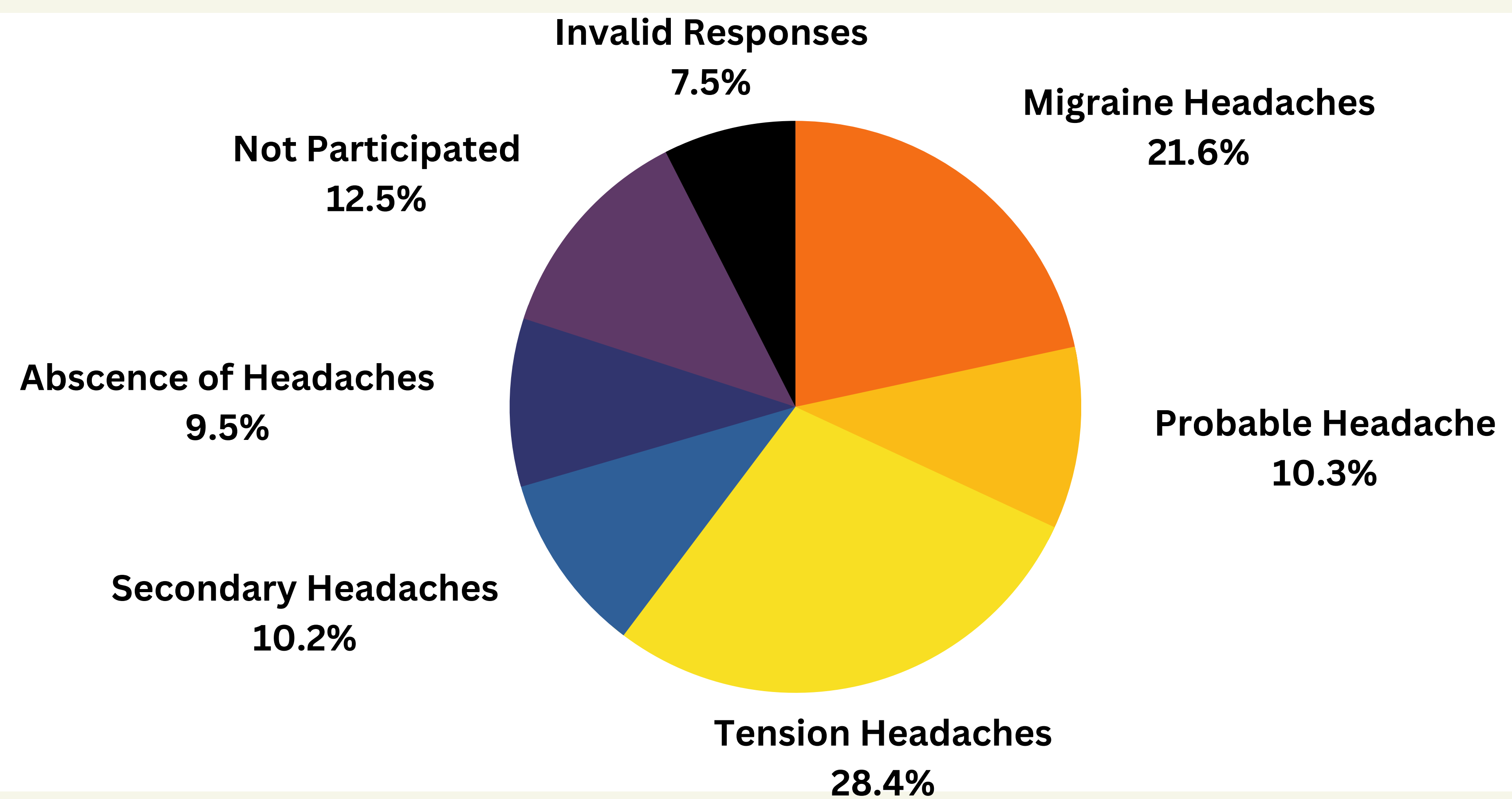


METHODOLOGY

A cross-sectional study will be conducted among medical students in Nepal. According to criteria established by the International Headache Society, data will be collected using validated tools such as the HIT-6 questionnaire, which assesses headache-related disability, and the Migraine Disability Assessment (MIDAS) questionnaire, which measures migraine-related disability. The questionnaire will also collect information on socio-demographic characteristics, headache characteristics, and perceived stress levels. Data will be analyzed using descriptive statistics, chi-square test, t-test, and regression analysis as appropriate.

RESULTS

150 medical students from different medical colleges were evaluated. 21.62% of cases of migraine headaches, 10.30% of probable migraine, and 28.35% of tension headaches were detected. 9.51% reported an absence of headaches, and another 10.22% had secondary headaches. According to the HIT-6 questionnaire, in 5.23% and 12.45% of them, headaches were classified as having substantial to severe impact, respectively.

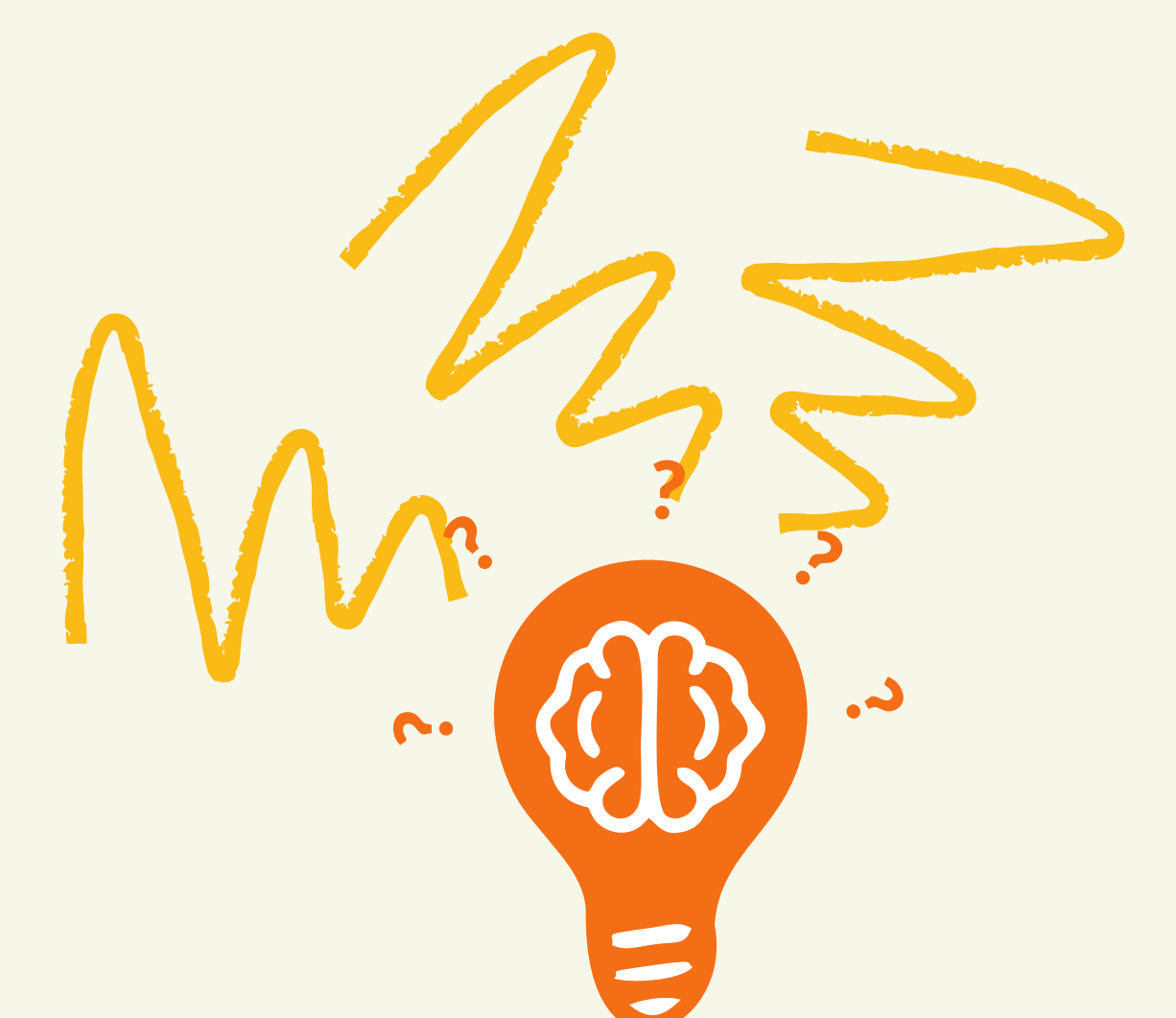


CONCLUSION

Tension headache and migraine headaches had higher scores than the other types of headache and, hence, led to higher levels of disability. The present study did not find a significant correlation between student semester, age or extracurricular activities on the impact generated by headache.

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