



HeaRT-Headache, Resilience and Trauma in Adolescence: a multicentre Italian project



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AIMS

This project involves several juvenile headache centers in Italy, and aims to explore levels of resilience in adolescent subjects between 13 and 18 years of age, with and without primary headache, in relation to levels of psychopathology and trauma.

METHODS

1351 adolescents
(age: 13-18 years)

EXPERIMENTAL GROUP (EG)

371 SBJs with primary
headache (ICHD 3)
67.6% F, 32.4% M

CONTROL GROUP (CG)

980 SBJs
without headache
62.9% F, 37.1% M

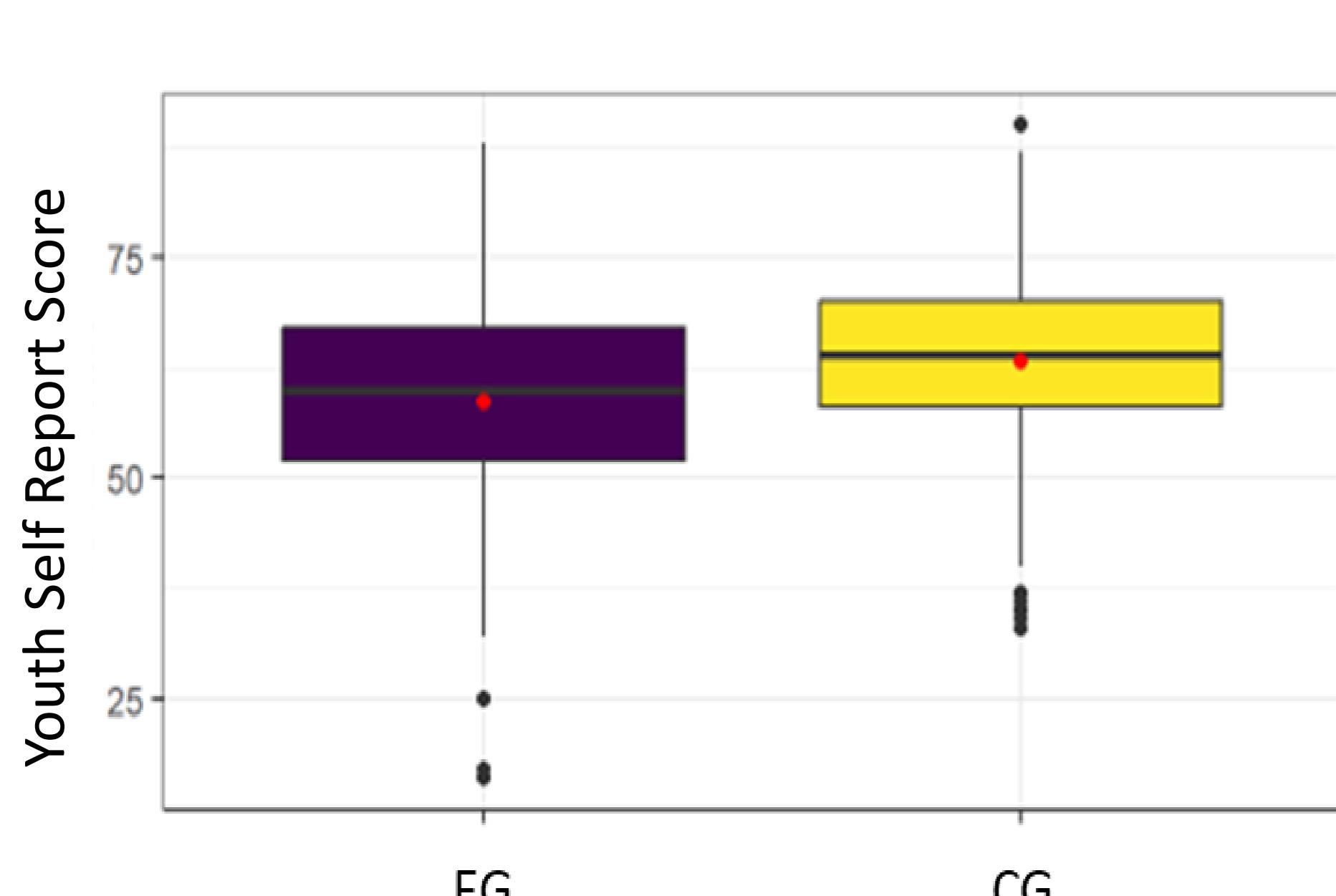
66.6% Migraine without Aura
14.6% Migraine With Aura
18.6% Tension Type Headache

All Participants completed:

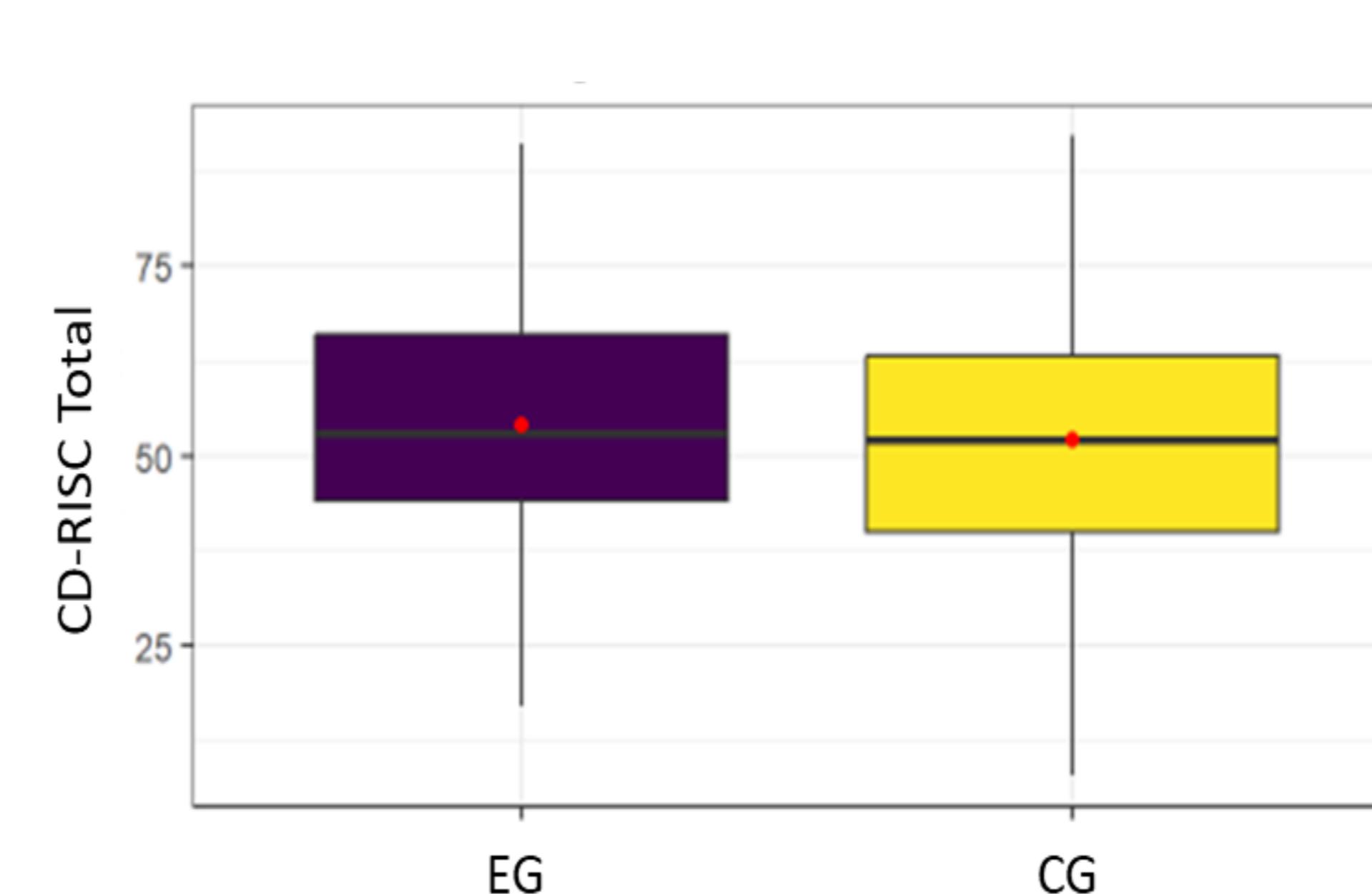
- Youth Self Report - Child Behavior Check List (CBCL for ages 11-18) → **BEHAVIORAL COMPETENCY AND BEHAVIORAL PROBLEMS**
- Connor Davidson Resilience Scale (CD-RISC) → **RESILIENCE**
- Item-revised → **TRAUMATIC EVENTS**

RESULTS

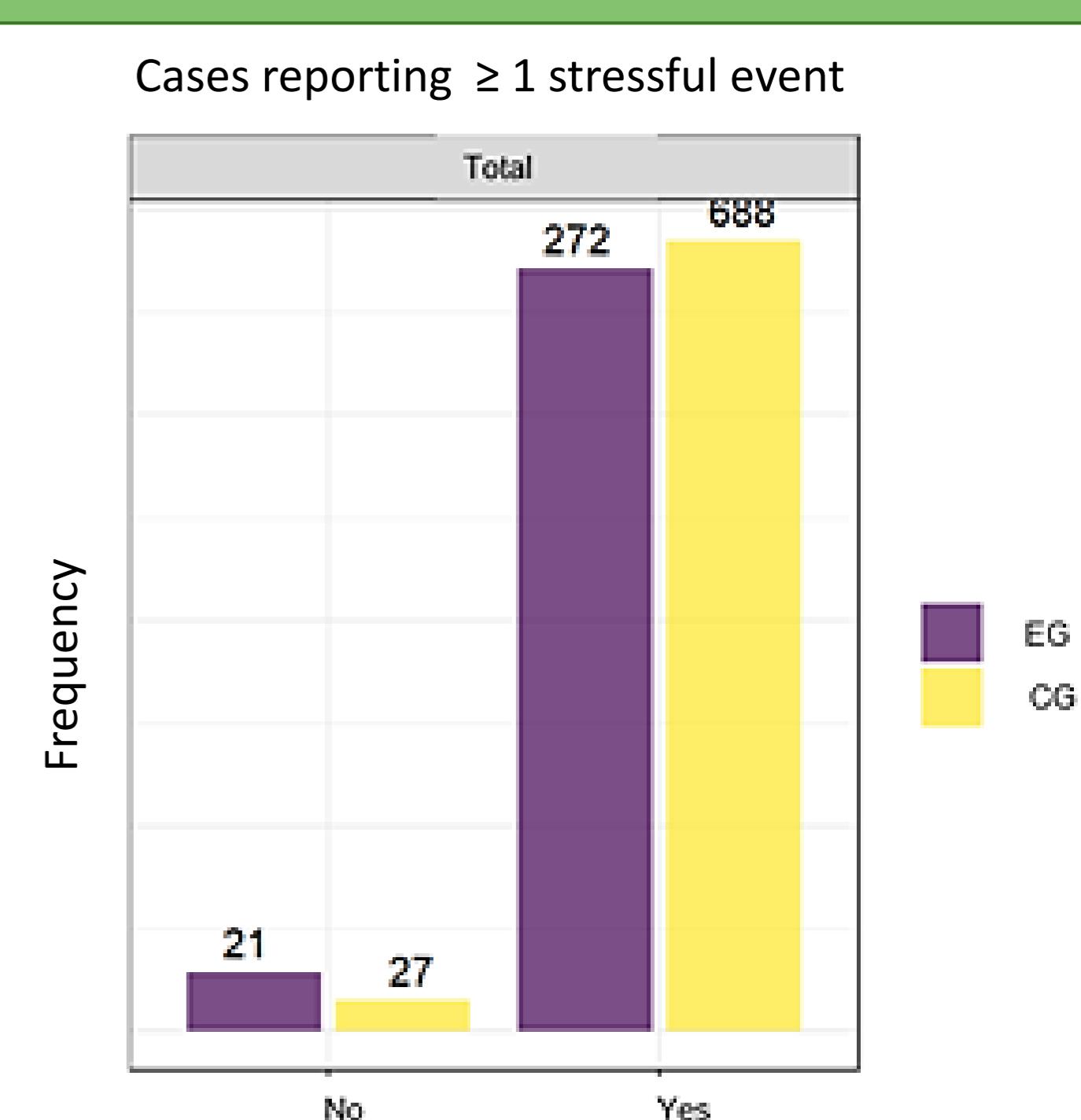
Higher rates of emotional and behavioral problems
were found in the adolescents of the CG
 $p < 0.01$



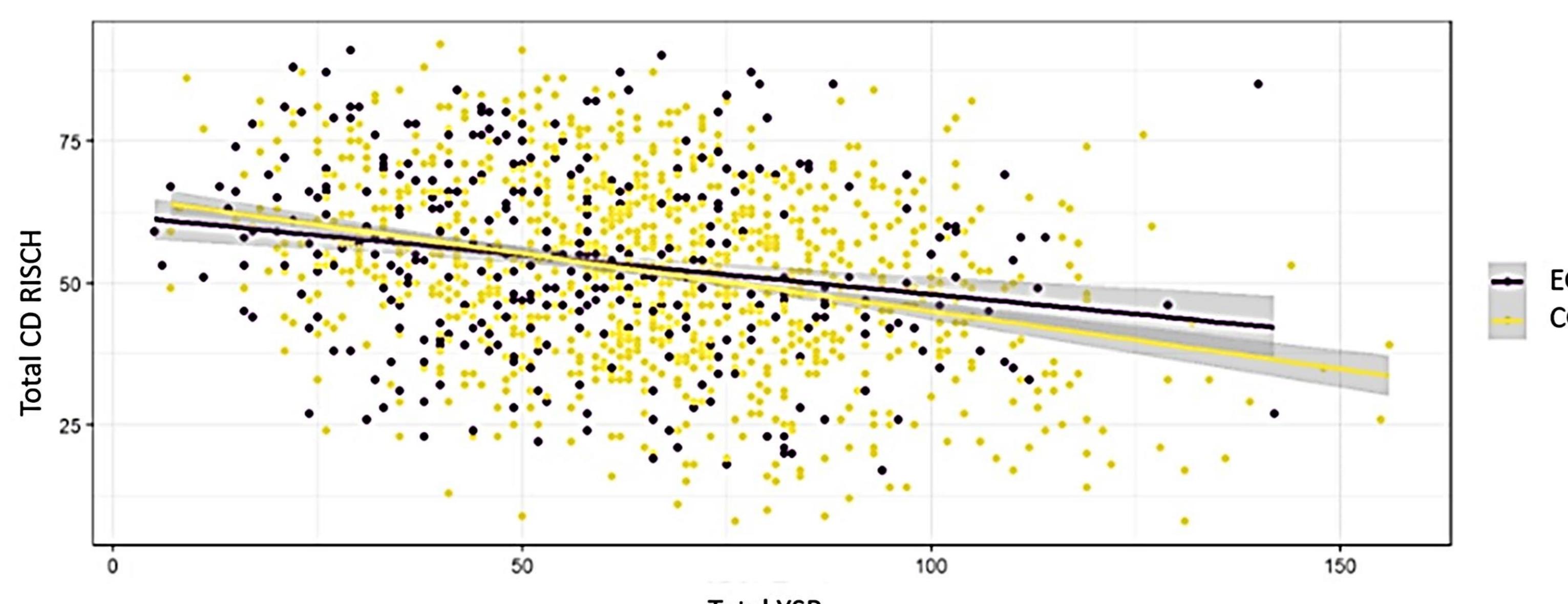
NO differences in the CD-RISC total
 $p > 0.05$



CG reported a higher percentage of
stressful events than the EG
 $p < 0.01$



The inverse correlation between the total YSR and
CD-RISC was significant for both groups.
 $p < 0.01$



CONCLUSION

CG had higher levels of psychopathology than the EG and reported a higher number of traumatic events. This suggests that the presence of headache may be a protective factor for the onset of psychopathology and helps shed light on the high psychic distress of adolescents that goes unnoticed and remains unseen.