

# Association Between Trigger Factors and Premonitory Symptoms in Migraine: A REFORM Study

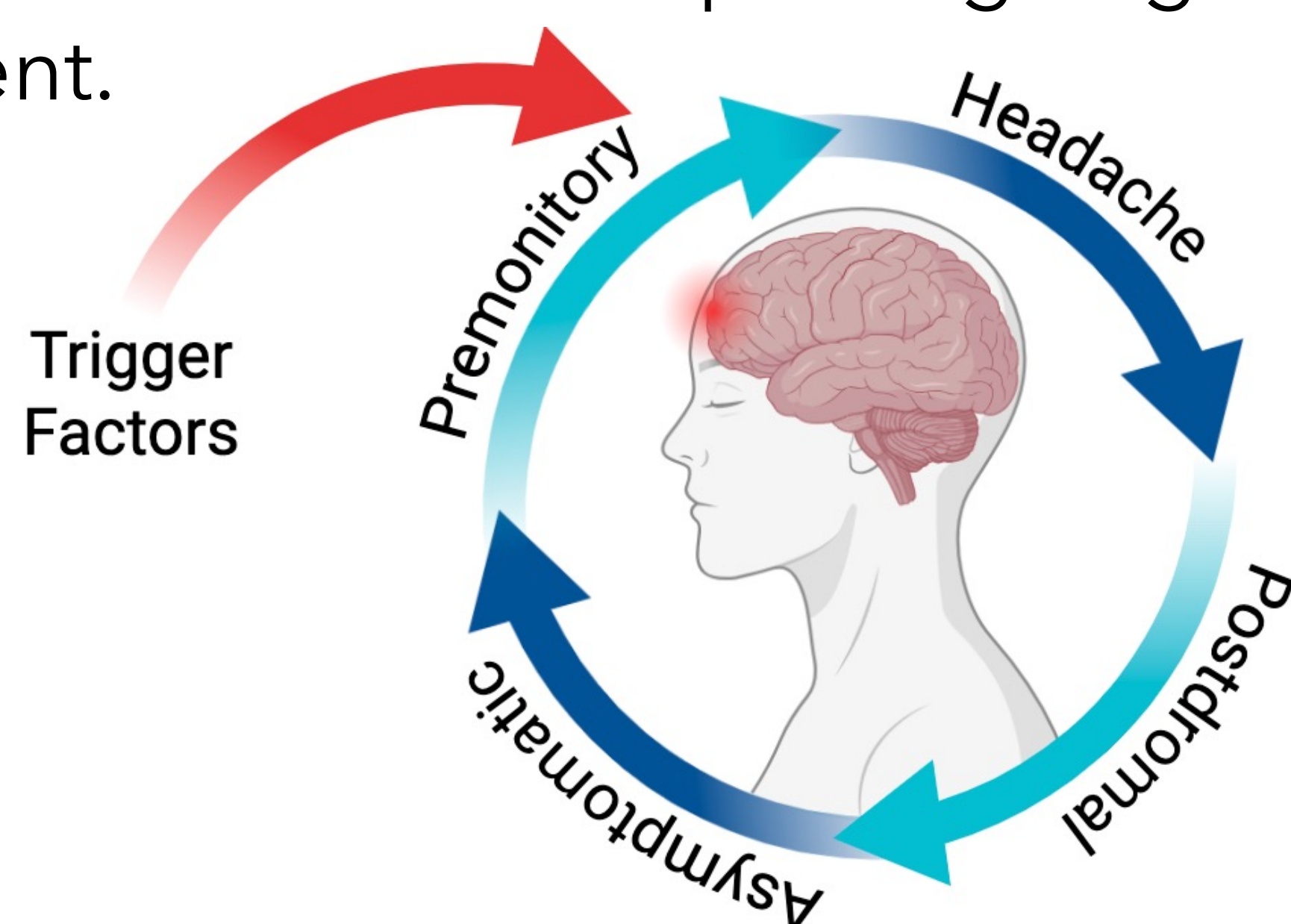
Janu Thuraiayah, MD, PhD; Rune H. Christensen, MD; Haidar M. Al-Khazali, MD; Astrid Wiggers, MD; Messoud Ashina, MD, PhD, DMSci; Håkan Ashina, MD, PhD

## Conclusion

The overlap between specific migraine triggers and corresponding premonitory symptoms suggest that some perceived triggers could be early signs of an impending attack. The continuation of most premonitory symptoms into the postdromal phase imply that migraine-related symptoms extend across a broader temporal continuum than previously recognized.

## Background

Understanding the relationship between perceived trigger factors and premonitory symptoms is essential for improving migraine management.



**Objective:** To assess whether reported migraine triggers align with premonitory symptoms and if non-headache symptoms persist across migraine phases.

## Method



Single, tertiary headache center  
Cross-sectional, observational study



632 participants (89% female)  
Mean age: 44.6 years

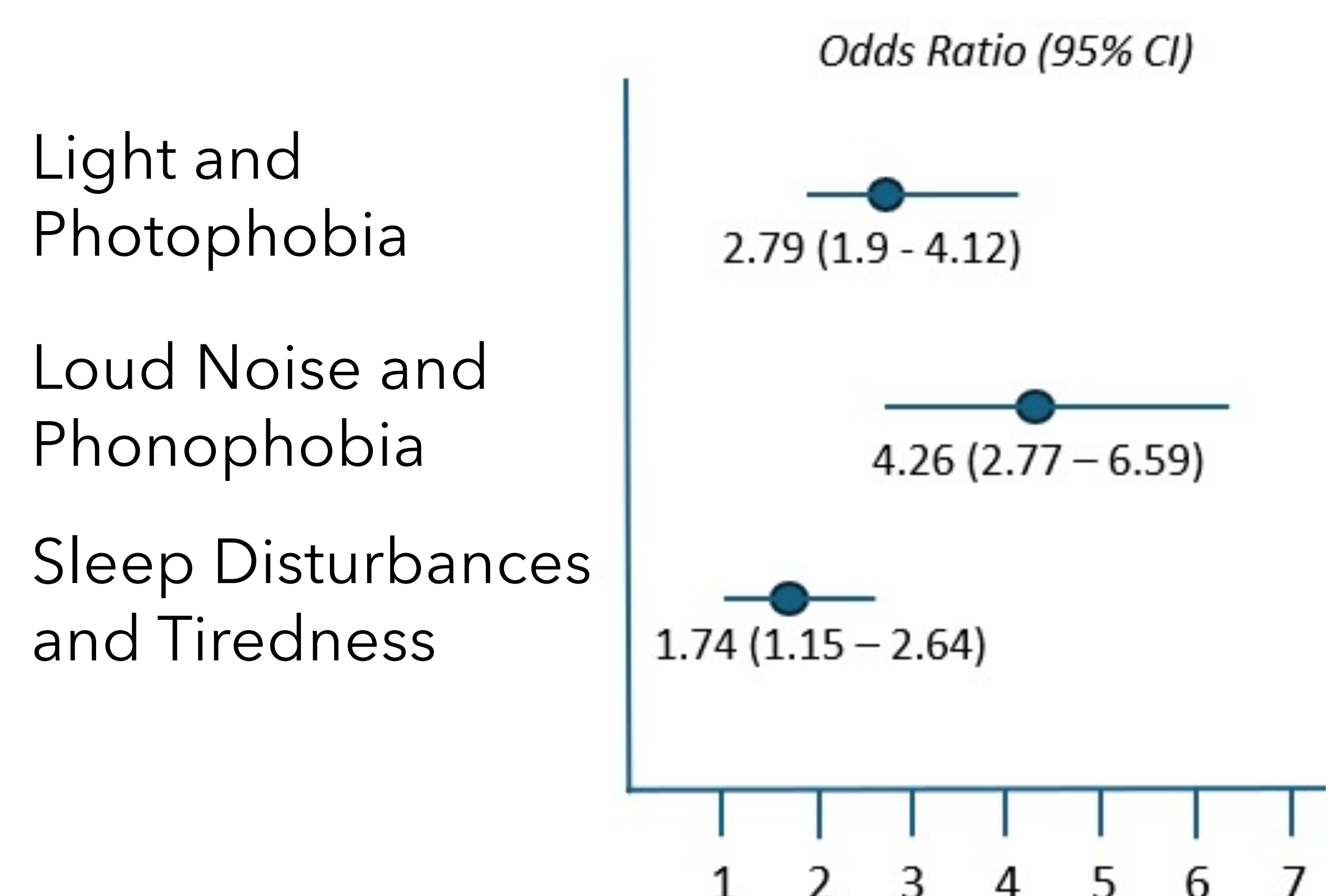


Semi-structured interview assessing:

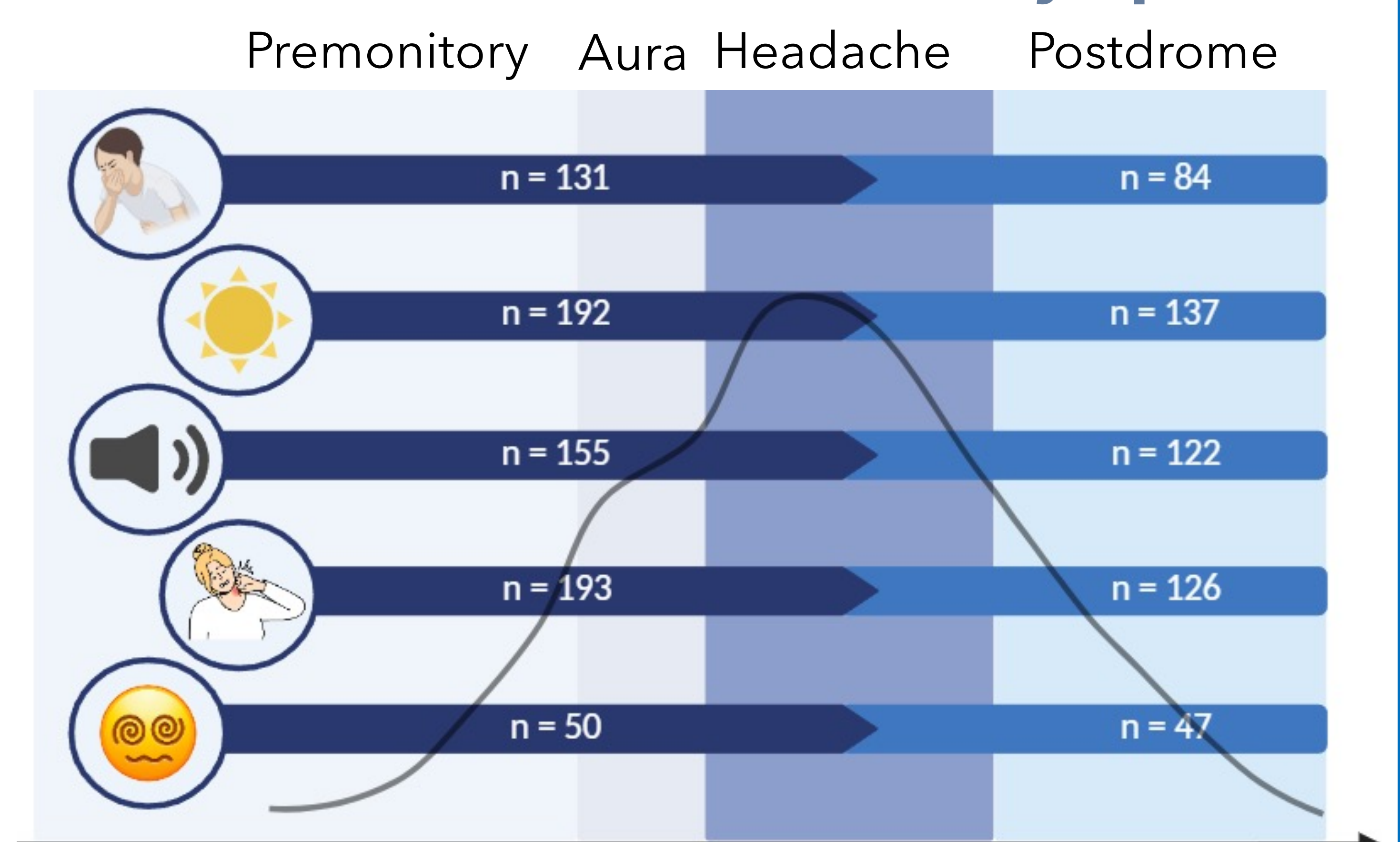
- Perceived trigger factors
- Premonitory symptoms
- Non-headache symptoms during the headache phase
- Postdromal symptoms

## Results

### Trigger factor and its corresponding premonitory symptom



### Persistence of non-headache symptoms



## Future Perspective

Prospective, longitudinal studies with real-time data collection, via wearables or apps, could clarify the sequence of triggers, symptoms, and phases