

# The Relationship Between Migraines and Mental Health In Women

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## Introduction

Worldwide around one in every nine adults experience migraines. Migraines are more frequently experienced by women than by men. In addition, anxiety, depression, trauma, and discrimination contribute to higher disability among individuals who suffer from migraine. Migraine disability impacts an individual's ability to complete their daily tasks and enjoy their lives.

## Methods

### Study Design:

- Experimental case-controlled online study design with a migraine condition and a non-migraine condition

### Participants:

- Enrolled on the Psychology Participant Pool
- Identify as female
- At least 18 years of age
- Minimum 128 participants

### Measures:

- Pre-Treatment Migraine Headache Questionnaire
- The Migraine Disability Assessment Test (MIDAS)
- The PTSD Checklist for DSM-5 (PCL-5)
- Patient Health Questionnaire (PHQ-9)
- GAD-7
- Intersectional Discrimination Index (InDI)
- Demographics Questionnaire

## Objective

The proposed study aims to investigate the relationship between migraines, trauma, discrimination, depression, and anxiety among women.

## Hypotheses

- 1 Higher levels of mental health outcomes are expected to be observed within the migraine sample than the non-migraine sample.
- 2 Higher levels of trauma are expected to be reported in the migraine sample versus the non-migraine sample.
- 3 Higher levels of gender-based outcomes are expected to be reported in the migraine sample versus the non-migraine sample.
- 4 Higher migraine frequency and migraine-related disability are expected to negatively predict anxiety and depression for women who experience migraines.
- 5 Gendered discrimination is expected to negatively predict mental health outcomes for women who do and do not experience migraines.
- 6 Gendered discrimination is expected to negatively predict migraine characteristics for women within the migraine sample.

## Planned Analyses

### Series of Independent Samples t-tests:

- Compare mean scores of migraine group and non-migraine group
- Running one for each outcome variable (e.g., Depression, Anxiety, Trauma, & Discrimination)

### Multiple Linear Regressions:

- See whether the migraine-specific questionnaires predict outcomes in the migraine only group
- Running for hypotheses #4, #5, and #6

## Future Implications

The proposed study has the potential to better understand the experiences of women living with migraines and the relationship that mental health, trauma, and discrimination experiences have within women living with migraines. Findings from this study may lead to improvements in the assessment and management of migraines among women.

## References

Scan the QR code for references and a digital copy of the poster!

