

Use not both

RESEARCH ARTICLE

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Association between somatic amplification, anxiety, depression, stress and migraine

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Abstract
Background: The aim of this study is to investigate the associations between migraine related disability and somatosensory amplification, depression, anxiety, and stress.
Method: Fifty-five migraine patients who applied to the outpatient unit of the Neurology Department of Acibadem University School of Medicine, Maslak Hospital in Istanbul, Turkey, and twenty-eight subjects without migraine were recruited for the study. The participants were asked to complete a sociodemographic form, Migraine Disability Assessment Scale (MIDAS), Depression Anxiety Stress Scale, Somatosensory Amplification Scale (SSAS).
Results: Somatosensory amplification scores were significantly higher in the migraineurs than in the control group (29.85±/-6.63 vs. 26.07±/-7.1; p=0.027). Somatosensory amplification scores and depression scores were significantly higher in migraineurs with moderate and severe disability than in patients with minimal and mild disability (31.7±/-6.4 vs. 27.71±/-5.49; p=0.01, 11.37±/-8.7 vs. 7.38±/-8.11; p=0.04, respectively). A significant positive correlation was found between the frequency of migraine attacks for at least three consecutive months (MIDAS A scores) and the SSAS scores (r=0.363, p=0.007) in migraineurs. The MIDAS total scores were also significantly correlated with the DASS depression subscale scores (r=0.267, p=0.04), and the DASS stress subscale scores (r=0.268, p=0.05).
Conclusion: Psychological factors, and vulnerability to bodily sensations may increase the burden of migraine. We point out that the timely assessing of somatic amplification and the evaluation of mental status would help improve the quality of life of in migraineurs.
Keywords: Migraine, Somatosensory amplification, Migraine disability, Depression, Anxiety, Stress

Background
Migraine, which is one of the leading neurological reasons for seeking medical care [1], is considered a chronic, disabling disease that significantly reduces quality of life [2,3]. The global prevalence of the adult members of the population with an active headache disorder are 46% for headache in general, 11% for migraine, 42% for tension-type headache and 3% for chronic daily headache [4]. In a nationwide epidemiological study in Turkey, the lifetime prevalence of migraine was found to be 10.9% in men and 21.8% in women [5].
Migraine has been reported to be associated with various well-known comorbidities [6]: conditions which occur in people with migraine with greater chance of frequency than in others [7]. Several studies suggest that mood and

anxiety disorders are two to ten times more prevalent among people with migraine than in the general population, and greater than 25% of migraineurs meet the criteria for mood and anxiety disorders [8-10]. Population based studies demonstrate that depression is comorbid with migraine [11,12]. Major depression has been diagnosed in 40.7% of those with migraine and 16% of those in the control group [11]. In a study conducted by Lipton et al., 47% of migraineurs had depression while 17% of respondents in the nonmigraine group met the depression criteria, according to the Primary Care Evaluation of Mental Disorders screening questionnaire [12]. Other epidemiological studies have found that the lifetime prevalence of depression in migraine ranged from 17% to 42% [13-16]. A population-based study conducted by Chen et al. showed that 16% of the chronic migraine sufferers had anxiety disorders [17]. Breslau's population based prospective study shows that 24.4% of the migraineurs suffered from anxiety

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8 Early Symptoms of Dementia

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1

Memory Loss

Memory loss which affects day-to-day activities is one of the first warning signs of Dementia. If your loved one is frequently forgetting recent events and conversations, it might be an early sign of dementia.

2

Social Withdrawal

Social withdrawal is a common symptom of dementia. Often, people with dementia can be quite unaware and unresponsive, causing them to withdraw from social activities and spend a lot of time alone.

3

Misplacing Items

People with dementia often misplace items, putting them in obscure, inappropriate places. If they're frequently finding their keys in the fridge and their watch in the oven, it might be a sign that they have dementia.

4

Language Problems

Difficulty finding the right words, talking more slowly or using jumbled-up sentences can all be signs that someone might have dementia.

5

Mood Changes

If your loved one is displaying the early stages of dementia, you might notice a slight change in their mood. They may become irritable, depressed, anxious and experience frequent mood swings.

6

Daily Difficulties

Those living with dementia may experience difficulties when performing familiar day to day tasks. This includes using a television remote, switching on an oven or making a cup of tea.

7

Poor Judgement

If your loved one is living with dementia, you may find that they're unable to recognise danger. Whether they're crossing busy roads, forgetting to turn off their stove or driving erratically - these can all be early warning signs of dementia.

8

Disorientation

Someone with dementia might frequently suffer from confusion and disorientation. They may be confused about the day, date or time. They might often go to bed in the morning or eat breakfast at dinner time, so it's important to try to keep them in a regular routine.

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