

Psychological and behaviour factors

MTIS2018-128

LIFE TRAUMATIC EXPERIENCES AND STRESSFUL EVENTS AS PREDICTORS OF DETOXIFICATION-THERAPY OUTCOME AT 6 MONTHS IN CHRONIC MIGRAINE WITH MEDICATION OVERUSE

S. Bottiroli^{1,†}, G. Sances¹, D. I. Roberto¹, V. Bitetto¹, E. Guaschino¹, M. Allena¹, S. Pazzi¹, G. Nappi¹, C. Tassorelli¹

¹Headache Science Center, IRCCS Mondino Foundation, Pavia, IRCCS Mondino Foundation, Pavia, Italy

Introduction: Withdrawal from overused drug is the treatment of choice for subjects suffering from chronic migraine and medication overuse headache (CM+MOH). This approach frequently reverts the headache pattern from chronic to episodic. Many factors are likely involved in CM+MOH prognosis and outcome.

Objectives: In this study we evaluated the association between early life traumatic experiences and recent stressful events with the outcome following detoxification therapy in a 6-month follow-up in 164 subjects with CM+MOH.

Methods: This study was conducted at the Mondino Foundation in Pavia, Italy. All consecutive patients with CM+MOH undergoing inpatient detoxification program were enrolled and followed-up in a prospective study. Diagnosis was operationally defined according to ICHD-III. The protocol consisted in an inpatients detoxification treatment and a 6-month follow-up. Data on early life traumatic experiences – distinguished in term of physical and emotional traumas – and recent stressful events were collected by means of self-report questionnaires. Data were analyzed with univariate and multivariate logistic regressions.

Results: Of the 164 patients who completed the 6-month follow-up, 111 (54%) stopped overuse and their headache reverted to an episodic pattern, whereas 53 (32%) had a negative outcome given that they either stopped overuse without experiencing any benefit on headache frequency or they failed to stop overuse. At the univariate analysis the following variables resulted associated to the negative outcome: having experienced emotional traumas (OR 3.409; $p = 0.002$), having experienced both traumas and stressful events (OR 12.429; $p < 0.001$), presence of mood disorders (OR 2.373; $p = 0.014$), higher MIDAS scores (OR 1.015; $p < 0.001$), higher number of days with medication intake (OR 2.373; $p = 0.014$) and higher number of days with headache (OR 1.193; $p = 0.002$). At the multivariate analyses, having experienced both childhood traumas and recent stressful events (OR 14.229; $p = 0.002$) together with higher MIDAS scores (OR 1.026; $p = 0.004$), and presence of mood disorders (OR 8.527; $p = 0.009$) were prognostic for the negative outcome

Conclusion: Our data suggest the synergistic impact of childhood traumas and recent stressful events, together with other psychological variables, in determining a negative outcome in subjects with CM+MOH. These findings have important practical implications on how to treat these patients.

Disclosure of Interest: None Declared

Keywords: None