

MEETING ABSTRACT

Open Access

# EHMTI-0335. Depression and anxiety symptoms in patients suffering from new daily persistent headache. A prospective, controlled study

C Deligianni\*, DD Mitsikostas

From 4th European Headache and Migraine Trust International Congress: EHMTIC 2014 Copenhagen, Denmark. 18-21 September 2014

## Introduction

New Daily Persistent Headache (NDPH) is a chronic primary headache with uncertain outcome. Comorbidities may play important role in choosing the right treatment in order to improve the management of this disorder.

## Aim

To investigate the comorbidity of depression or anxiety of the patients suffering from NDPH.

## Methods

One hundred and forty four (144) headache outpatients (62 men and 82 women) and one hundred and fifty (150) healthy controls (56 men and 94 women) were screened prospectively using a questionnaire that included the Hamilton scales for both Anxiety and Depression.

## Results

The mean scores of both HAM-A and HAM-D scales were significantly higher in NDPH patients ( $19 \pm 7.3$  and  $16 \pm 6.3$  respectively) comparing with the healthy population ( $6.8 \pm 4.0$  and  $5.7 \pm 3.3$  respectively,  $p < 0.05$  for both comparisons). No significant difference was detected in the Hamilton scaling scores between NDPH and Chronic Tension Type Headache sufferers.

## Conclusion

NDPH sufferers showed more depression or anxiety symptoms than healthy controls, as headache sufferers from chronic TTH. Treating properly psychiatric comorbidities in NDPH sufferers, or choosing drugs that influence both conditions simultaneously may improve outcome.

No conflict of interest.

Published: 18 September 2014

doi:10.1186/1129-2377-15-S1-C15

**Cite this article as:** Deligianni and Mitsikostas: EHMTI-0335. Depression and anxiety symptoms in patients suffering from new daily persistent headache. A prospective, controlled study. *The Journal of Headache and Pain* 2014 15(Suppl 1):C15.

Submit your manuscript to a SpringerOpen® journal and benefit from:

- Convenient online submission
- Rigorous peer review
- Immediate publication on acceptance
- Open access: articles freely available online
- High visibility within the field
- Retaining the copyright to your article

Submit your next manuscript at ► [springeropen.com](http://springeropen.com)

Neurological Department, Athens Naval Hospital, Athens, Greece