

MEETING ABSTRACT

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EHMTI-0088. Prediction of treatment response in chronic daily headache patients (a prospective study)

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Introduction

The prevalence of chronic daily headache (CDH) is 4-5% in general population. In headache clinics about 40% patients have CDH and 50-82% of them overuse acute drugs. Combining pharmacological and behavioural therapies can increase effectiveness of treatment, but predictive factors of treatment response are still discussed.

Aims

To examine predictive factors of treatment response for patient with CDH

Methods

35 patients with CDH in age from 23 to 78 years were included in the study. All patients were treated by pharmacological therapy and cognitive-behavioural therapy. Patients with medication-overuse headache (MOH) underwent withdrawal therapy. Prospective analysis of clinical-psychological characteristics was performed at the end of 1 and 3 months of treatment.

Results

40% (N=14) of patients were classified as having chronic migraine (CM), 25,7% (N=9) had chronic tension-type headache (CTTH), 31,4% (N=11) had CTTH and episodic migraine, 2,9% (N=1) had hemicrania continua. 62,9% (N=22) patients suffered from comorbid psychiatric conditions. Of those, 15,6% (N=5) had mood disorder, 17,1% (N=6) - anxiety disorder, 14,3% (N=5) - personality disorder and 17,1% (N=6) suffered from somatization disorder. 60% (N=21) of participants experienced at least 50% reduction of headache

frequency after 3 months of treatment. Predictive factors of poor treatment response were: 1) certain psychiatric disorders (mood disorder, somatization disorder, schizoid personality disorder); 2) duration of CDH is more than 5 years; 3) out of employment.

Conclusion

Predictive factors of poor treatment response are mood disorder, somatization disorder, schizoid personality disorder, more than 5-years duration of CDH and out of employment.

No conflict of interest.

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