

MEETING ABSTRACT

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EHMTI-0074. Excessive daytime sleepiness in migraineurs is associated with anxiety and depression: a population-based study

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Introduction

Excessive daytime sleepiness is a major clinical and health concern that can have harmful consequences and has shown an association with anxiety and depression. A close relationship between EDS and migraine has been reported in case-control studies. Case-control study may be affected by confounding factors.

Aims

To examine whether excessive daytime sleepiness (EDS) in migraineurs is associated with anxiety and depression in a population-based sample.

Methods

We selected a stratified random population sample of Koreans aged 19-69 and evaluated them with a 60-item semi-structured interview designed to identify headache type, anxiety, depression and EDS. Subjects with EDS was identified if a subject's Epworth Sleepiness Scale (ESS) was 10 or more. Anxiety and depression symptoms were evaluated using Goldberg Anxiety Scale questions and Patient Health Questionnaire-9, respectively.

Results

The 1-year prevalences of EDS and migraine were 16.8% and 5.4%, respectively. Migraineurs reported more commonly reported EDS compared to non-migraine subjects (25.2% vs. 16.3%, $p = 0.005$). Migraineurs with EDS reported higher attack frequency per month (6.0 ± 8.5 vs. 3.5 ± 5.8 , $p = 0.010$), higher HIT-6 score (60.0 ± 10.1 vs. 52.6 ± 8.3 , $p < 0.001$) compared to migraineurs without EDS. Logistic regression analysis revealed that migraine

showed an odds ratio (OR) for EDS compared to non-migraineurs (OR [CI] = 1.7 [1.2-2.6]). After adjusting anxiety and depression, migraine was not associated with EDS (OR [CI] = 1.3 [0.8-1.9]).

Conclusions

Approximately 1/4 of migraineurs experienced EDS. Excessive daytime sleepiness in migraineurs was associated with anxiety and depression.

No conflict of interest.

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