HEADACHE AND PSYCHIATRIC COMORBIDITIES: A RETROSPECTIVE STUDY IN A PORTUGUESE HEADACHE OUTPATIENT CLINIC

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OBJECTIVES

To assess and characterize **psychiatric comorbidities** in patients referred to a Headache Outpatient Clinic (HOC).

BACKGROUND

Headache disorders, such as migraine and tension-type headache, and **psychiatric disorders**, such as anxiety and depression, are **commonly found together** among general populations worldwide.

The coexistence of these entities **worsens the clinical situation** and **increases the risk of chronicity** and **likelihood of treatment failure**.

MATERIALS AND METHODS

From a sample of 167 patients with headache, referred to the HOC in Hospital Garcia de Orta (Portugal) between June, 2017 and February, 2019, a retrospective analysis was conducted, focusing on psychiatric comorbidities (*International Classification of Diseases – 10th revision* [ICD-10]) and concerning sociodemographic and clinical data.

RESULTS

PSYCHIATRIC DISORDER

- **Mood disorders** are the **most frequent category**, followed by neurotic, stress-related and somatoform disorders, personality disorders and mental retardation;
- **Three patients (5.5%)** had **> 1** psychiatric diagnosis;
- Only **29.1%** were followed-up in a **Psychiatry Consultation**.

HEADACHE DISORDER

Duration of Disease:

- **Average** | 15.4 y
- **Median** | 11 y
- **Min** | 4 mo ; **Max** | 48 y

- **Average monthly no. of days with headache** | 15 days;
- **Medication-overuse headache** was present in **30.9%** of patients.

CONCLUSIONS

Psychiatric comorbidities were found to be **prevalent** in our cohort of patients. Given the complexity of the clinical picture in cases of comorbidity, further studies are needed for the establishment of a proper and multidisciplinary intervention.

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