

# THE MIGRAINE AND MENTAL HEALTH CONNECTION SURVEY

Here are key findings from a survey exploring migraine, its impact on mental health and how **people with migraine (PwM)** and their **healthcare professionals (HCPs)** view the relationship between migraine and mental health.

## SURVEY RESPONDENTS



**1,100 PwM**  
who have a mental health condition



**302 HCPs**  
neurologists, headache specialists  
and primary care physicians

## RELATIONSHIP BETWEEN MIGRAINE AND MENTAL HEALTH

Almost all respondents agree:



Migraine and mental health impact each other



The unpredictability and painful/disabling nature of migraine attacks creates worry and anxiety



The relationship between migraine and mental health is often referred to as a “vicious cycle” since it can lead to poorer outcomes in both areas

However, PwM and HCPs disagree on the stigma surrounding migraine and mental health:

Only **45% of HCPs** feel PwM are hesitant to discuss mental health with an HCP because of stigma

**45%**

**77%**

In reality, **77% of PwM** worry about stigma of migraine and mental health and are hesitant to discuss the issue with their HCP

Nearly **25% of PwM** feel isolated because of their migraine

**25%**

**5%**

Only **5% of HCPs** recognize this feeling

## CONVERSATIONS ABOUT MENTAL HEALTH AND MIGRAINE

**Two-thirds of PwM** feel it is important to discuss mental health with the HCP treating their migraine

**67%**



Nearly **60% of PwM** who discuss mental health with their HCP raise the topic themselves but **nearly 75%** wish their HCP would initiate the conversation



However, **one-third of HCPs** sense that their PwM want them to focus only on their headaches...

**33%**



...but note that they are comfortable discussing mental health with their patients

## TREATMENT APPROACH

Both **PwM (87%)** and **HCPs (94%)** believe that mental health would benefit from improved migraine control

The top three recommended treatments by HCPs are:

However, PwM do not report using these techniques as frequently

Medication

**83%**

**58%**

Psychotherapy or cognitive behavioral therapy

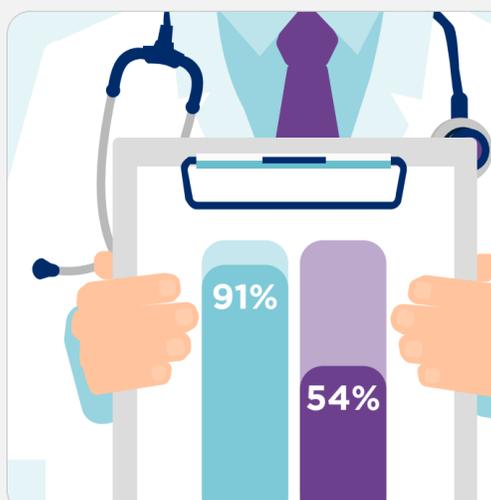
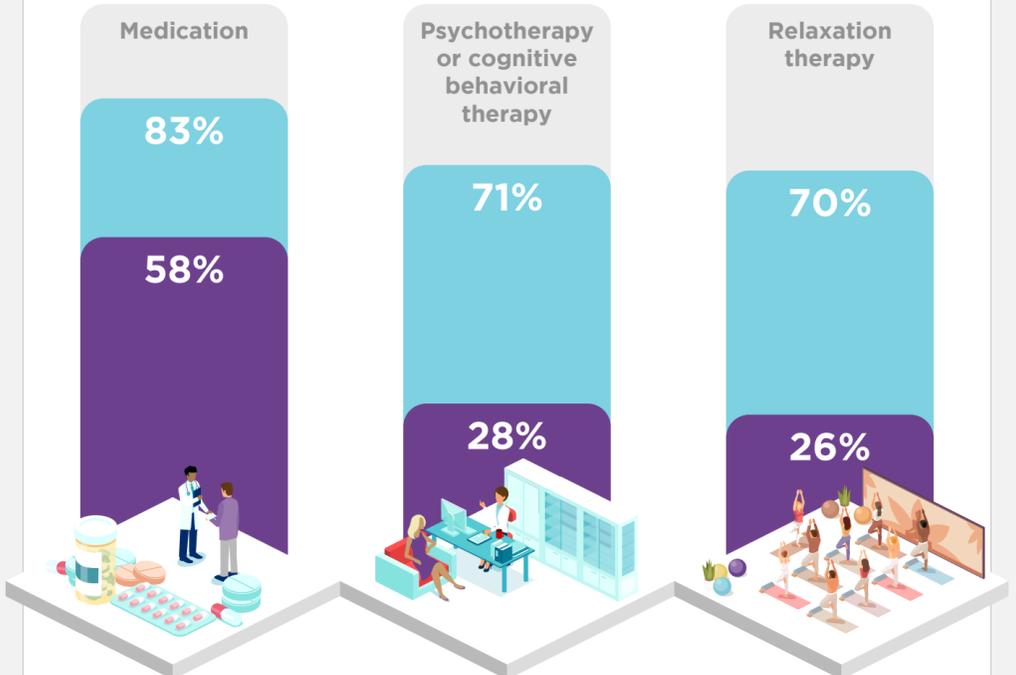
**71%**

**28%**

Relaxation therapy

**70%**

**26%**



Nearly all HCPs (**91%**) and **over half of the PwM (54%)** feel that migraine management needs to be more flexible by tailoring treatment to patient needs

Nearly all PwM feel it is equally important to treat migraine and mental health and want their healthcare professional to factor these dual priorities in their treatment plan

For more information about migraine, along with its impact on mental health, visit [www.americanmigrainefoundation.org](http://www.americanmigrainefoundation.org)

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