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 will have a mental health condition

302 HCPs

surveys

RELATIONSHIP BETWEEN MIGRAINE AND MENTAL HEALTH

Almost all respondents agree:

The unpredictability and painful/disabling nature of migraine attacks create 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:

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

Not in reality, 25% of PwM feel their HCP believe mental health would benefit from improved migraine control

CONVERSATIONS ABOUT MENTAL HEALTH AND MIGRAINE

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

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

TREATMENT APPROACH

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

However, 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