

# Anxiety and depression linked to migraines

October 18 2017

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In a study of 588 patients who attended an outpatient headache clinic, more frequent migraines were experienced by participants with symptoms of anxiety and depression. In the *Headache* study, poor sleep quality was also found to be an independent predictor of more severe depression and anxiety symptoms.

The study's investigators noted that factors such as emotional distress and frequency of headache may influence each other through a common pathophysiological mechanism. For example, emotional responses have the potential to alter pain perception and modulation through certain signaling pathways.

"These findings potentially suggest that adequate medical treatment to decrease headache frequency may reduce the risk of depression and anxiety in migraine patients," said Dr. Fu-Chi Yang, corresponding author of the study and an investigator in the Department of Neurology, Tri-Service General Hospital, National Defense Medical Center, Taiwan.

**More information:** *Headache* (2017). DOI: [10.1111/head.13215](https://doi.org/10.1111/head.13215)

Provided by Wiley

Citation: Anxiety and depression linked to migraines (2017, October 18) retrieved 9 April 2024 from <https://medicalxpress.com/news/2017-10-anxiety-depression-linked-migraines.html>

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