

BACKGROUND

- Medication-overuse headache (MOH) is a condition that is widely preventable yet is estimated to affect 63 million people worldwide.
- MOH can be caused by a variety of common medications used to treat headaches.
- Data assessing patient's knowledge on MOH is lacking.

OBJECTIVE

- To describe the understanding of MOH by participants

METHODS

Study Design

- Descriptive 18-item survey that contained both qualitative and quantitative questions
- Distributed anonymously using Amazon Mturk

Inclusion Criteria

- At least 18 year of age
- Provided correct completion codes

Exclusion Criteria

- Completion of survey in less than one minute
- Validity question was answered inappropriately

Survey

- Content of survey:
 - 3 demographic questions assessing age, gender, and education
 - Frequency of headache
 - Description of headache experienced
 - Severity of headache on a scale of 0 to 10
 - Clinical diagnosis, if applicable
 - Questions from the Migraine Disability Assessment Test (MIDAS)
 - Frequency of use various medications used to treat headaches
 - Perceived risk of various medications used to treat headaches
 - Familiarity with term 'medication-overuse headache' or 'rebound headache' and from where they had heard it
 - Intention to seek medical care for headaches
 - Intention to share information regarding medication-overuse headache
 - Frequency of headache question (repeated as a validation tool)
- Medications addressed
 - Butalbital
 - Acetaminophen alone
 - Acetaminophen with aspirin and caffeine
 - Opioids
 - Aspirin alone
 - Triptans
 - Ergotamine/dihydroergotamine
 - NSAIDs

Data Analysis

- Descriptive statistics for analysis of raw data, and Fischer's Exact tests were used in the analysis of medication overuse and familiarity with the term MOH

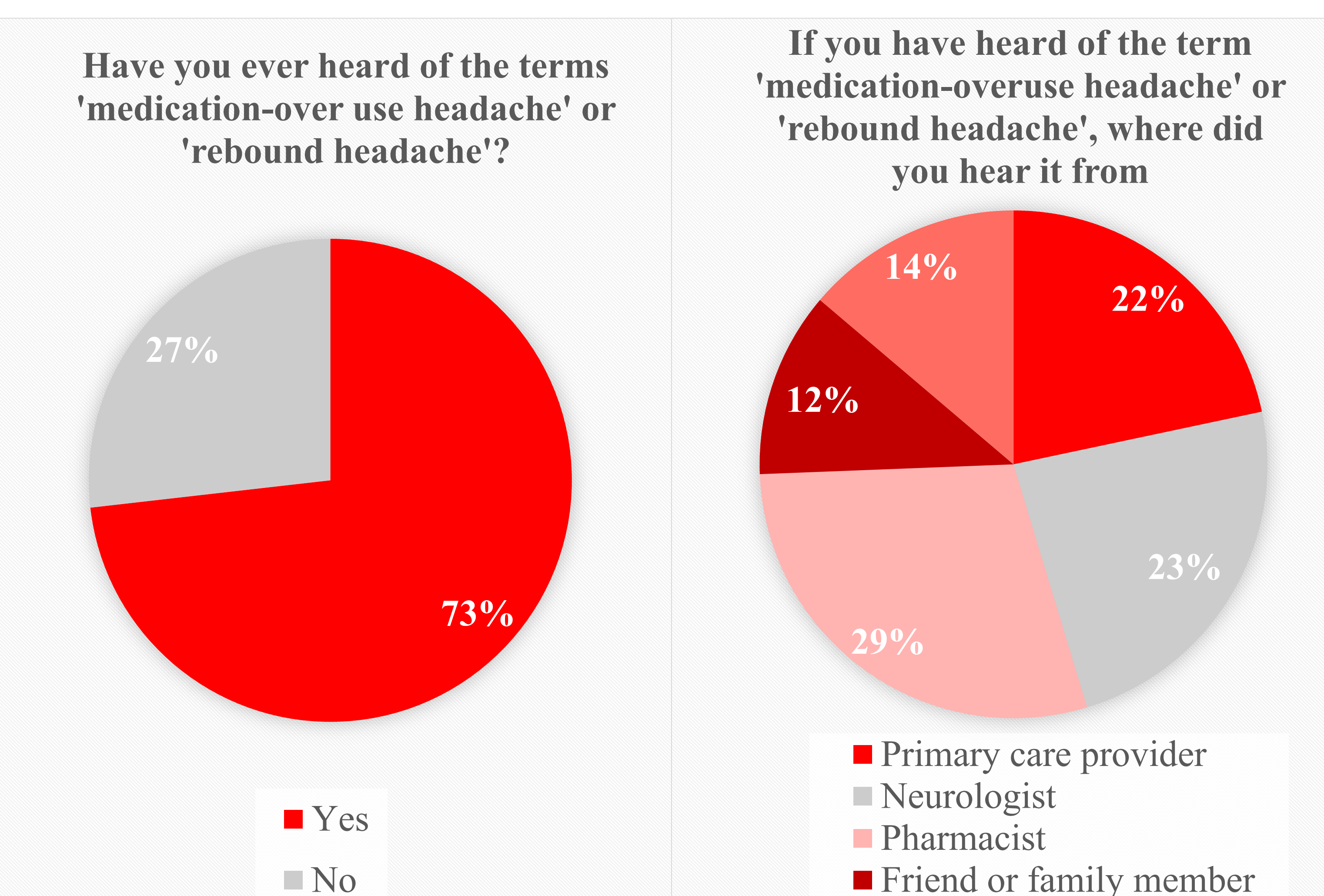
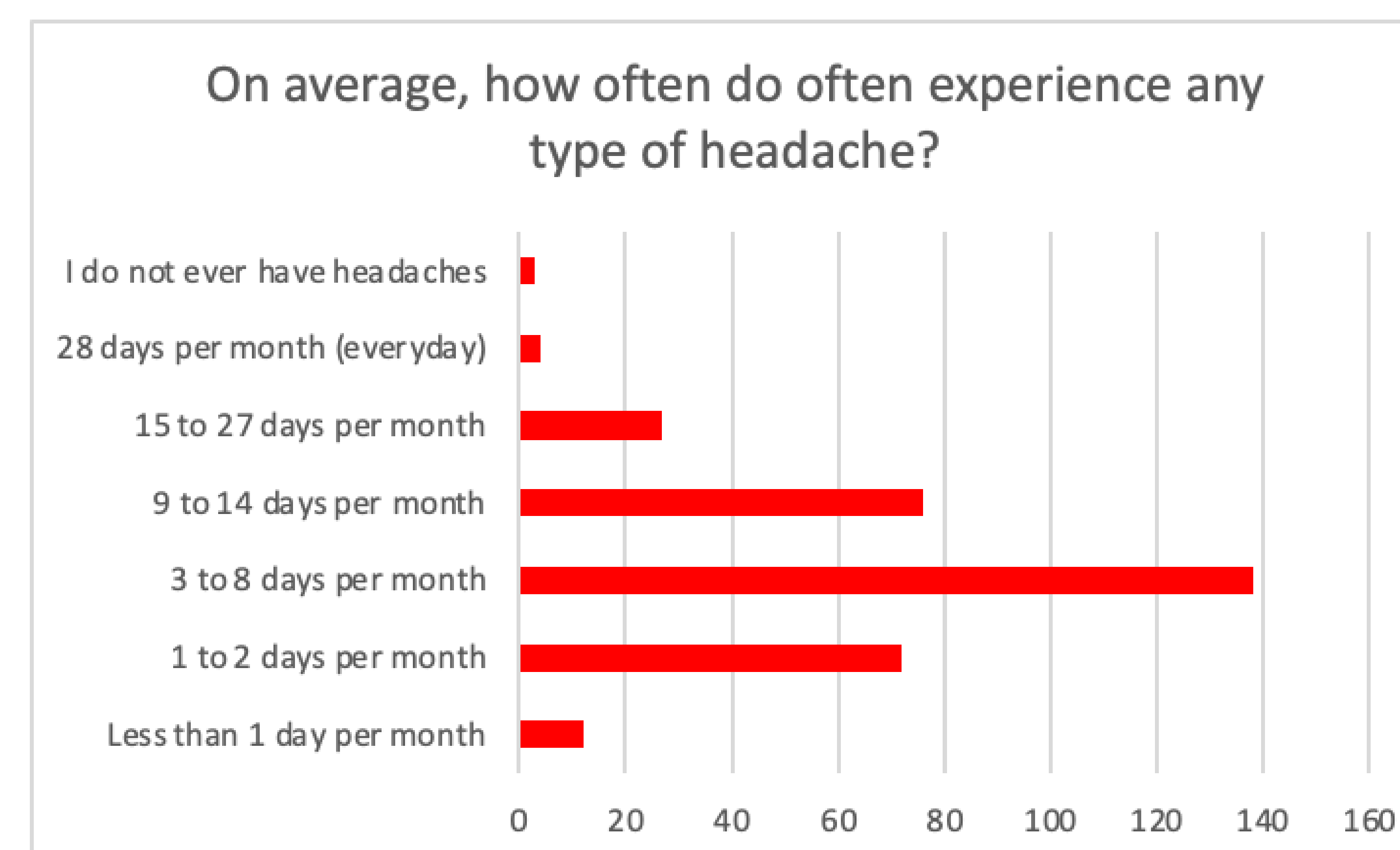
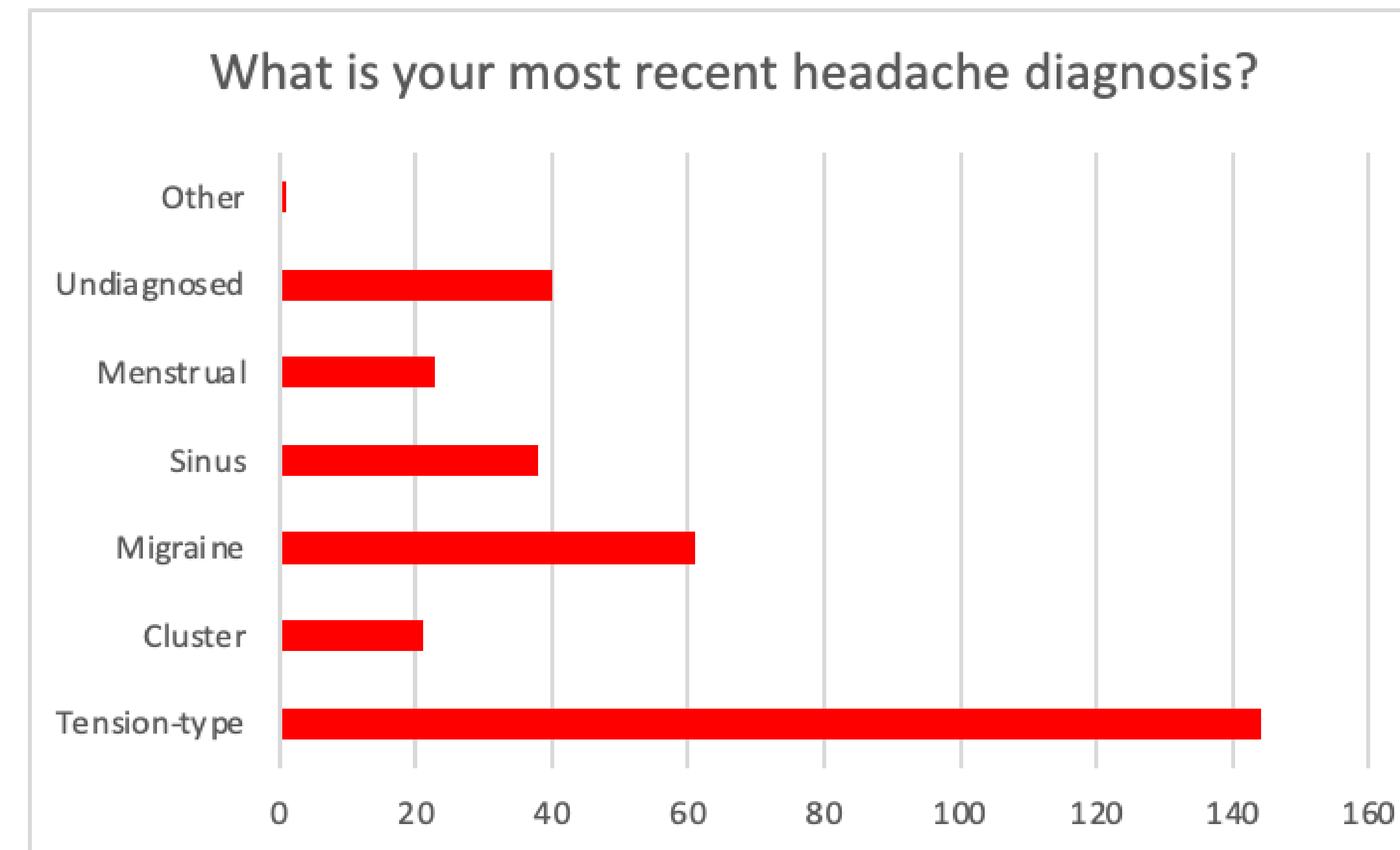
RESULTS

Table 1: Demographic Information

Characteristic	No. (%)	Characteristic	No. (%)
Age (years)		Education	
18-30	156 (47)	No degree	3 (0.9)
31-40	96 (28.9)	High School Diploma	16 (4.8)
41-50	45 (13.6)	Associate's Degree	14 (4.2)
51-60	27 (8.1)	Bachelor's Degree	242 (72.9)
61-70	8 (2.4)	Master's Degree	54 (16.3)
Gender		PhD / Doctoral Degree	3 (0.9)
Male	193 (58.1)		
Female	139 (41.9)	Total Participants	332 (100)

RESULTS

Figures 1-4: Survey Response Data



RESULTS

Table 2: Participants who overuse medication and have not heard of the term medication-overuse headache

Medication Overused	No. (%)
Butalbital	16 (18.8)
Acetaminophen alone	17 (18.5)
Acetaminophen w/ aspirin and caffeine	15 (20%)
Opioids	13 (15.1)
Aspirin alone	13 (15.5)
Triptans	12 (14)
Ergotamine/dihydroergotamine	17 (17.5)
NSAIDs	18 (19.6)

LIMITATIONS

- Overuse risk varies from medication to medication
- Unable to make true assessment of validity of participant response due to study being conducted using a survey
- Potential for difference in participants interpretation of questions

CONCLUSION

- This study shows that many of the respondents, including some who use analgesics or abortive medications for headaches, were not familiar with the condition.
- The information obtained from this study suggests that patients may benefit from further education on MOH.

REFERENCES

- Global Burden of Disease Study 2013 Collaborators. Global, regional, and national incidence, prevalence, and years lived with disability for 301 acute and chronic diseases and injuries in 188 countries, 1990-2013: a systematic analysis for the Global Burden of Disease Study 2013. *Lancet*. 2015;386(9995):743-800. doi:10.1016/S0140-6736(15)60692-4
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