

Study of Components between mental health and migraine headaches in patients with MS

Afsaneh Badrizadeh^{1*}, Mahin Adeli², Parviz Bahrami³ and Sara Gholami⁴

- 1- MSC in clinical psychology ,Social Determinants of Health Research Center ,Lorestan University of Medical Sciences, Khorramabad, Iran
- 2- MSC in Biostatistics, Faculty Member of Public Health, Faculty of Health and Nutrition Lorestan University of Medical Sciences, Khorramabad, Iran
- 3- Associate Professor, Department of neurology Faculty of Medicine, Lorestan University of Medical Sciences, Khorramabad, Iran
- 4- MSC in Biology, Department of Biology, Faculty of Sciences, Razi University, Kermanshah ,Iran

Corresponding author: Afsaneh Badrizadeh

ABSTRACT: Introduction : Multiple sclerosis is one of the most common neurological diseases and disorders in humans that causes symptoms including limb weakness, signs of visual, sensory symptoms, sexual dysfunction, fatigue, depression and cognitive dysfunction .anxiety and depression main Mental Disorders in these people are and migraine headaches have been reported in these patients is twice the general population. **Materials & Methods:** This study aimed to determine the mental health components and migraine headaches in patients with multiple sclerosis this research is cross- sectional that population included all patients with multiple sclerosis in Khorramabad city was built in 92 years to buy and sell collect data, demographic and mental health (GHQ). **Results :** results showed that 74/2% of cases and 25.8% of mental health problems good mental health. is a significant difference between the ability to fund the treatment of migraine headaches and general mental health was in 40/7% have migraine headaches was observed that the number of 58/8 %of them were migraine headache after contracting the disease MS.**Conclusion:** Due to the prevalence of high correlation with mental health migraine headaches and more accurate clinical assessment of patients and headache in patients with MS seem required.

Keywords: Mental health, Migraine headaches, MS.

INTRODUCTION

Psyche health is one of the components of the health and mental disorders, based on existing findings, are one of the main components of the general diseases –It is predicted that by 2020,, mental disorder will increased up to 50 percent in comparison with the average of the general diseases (1).

Because of their close relation and contacts with the people of a society, the hospital staff have an important responsibility regarding the life and the health of the people (2).The hard conditions of the work and its problems is one of the causes which brings to the existence mental disorder (3).

Nursing, in comparison with the other jobs in hospital, is the job in which one has more hours contacting with the patients. (2) When the human relations is the main point in occupations, in these occupation we more tensions, thus it endangers the occupant's health . consequently, nurse are one of those groups which experience the greatest deal of stress (3)The nurses who don't have a good general health are able to take to care of the patients effectively; there for this fact causes an increase in mistakes and terrible events in their jobs (5)

It has been showed in a research that 37.2 percent of the nurses have had a high general health and the rest 62.7 percent have had high stress (4).The other researches done in the other countries have revealed that the proportion of mental disorders among the nurses was higher than the other groups of society; this proportion was 48.8 Percent for the nurses while 33.3 Percent for the rest of the general population (6). Furthermore among 130 jobs which were being studied, the nurses got the 27th Place of jobs going to doctors to cure their mental or psyche

health (7). Different studies have revealed that among the nurses the males have a better psyche health than the females. In a research done by HashemZaden et al. Has revealed This result and also it shows that there is a significant difference regarding psyche health between the staff work in psychiatry (hospitals) and none psychiatry hospitals. (8) Researches done about the general rate of the psyche health components show that the greatest amount relates to social –functions disorders and the lows amount relates depression disorders (60, 9, 10, 11).

Lots of actions have been done to improve and increase the quality of the work environment such as reformations in work conditions and applying updated technologies .If the psyche health and the problems arising due to not attention to the staff's psyche health, along with the above mentioned actions, have been considered, If causes the appropriate and on time recognition of these staff, checking their work problems and then increasing in their satisfaction and in effective services (6)

Due to the importance improvement in the nurse's psyches health and their key roles in giving nursing services, the researchers intends to do a research regarding the evaluating of the nurse's psyche health with the hope of improving the nurse's psyche health.

Methodology:

The present research is a juncture –descriptive study which belongs to cohesion researches. The community under study in the research was the nurses working hospitals under the control of lorestan medical university .there were questionnaires distributed among the nurses from which 169 questionnaires were answered.

The research is based on this questionnaires which is categorized into two sections .The first section consists of personal and demographic information such as sex, age, marital status, education, fitness activities, the place and time shift of their occupations .The second section consists of General Health Questionnaire 28(GHQ28).This kind of questionnaire was first formulated by Goldberg in 1972 which was used to analyzing the cases have mental disorders. (12).It focuses on normalized functions and changes whose purpose is not to gain a specific diagnosis in the hierarchy of psychic diseases, but the distinction between illness and health in psychic arena. The main and primary questionnaire consists of 60 questions, however, it also has shorter types which consist of 12, 20, 28, 30 and 44 questions respectively. All of these questions turn around points such as ailment and boredom, generally the person's general health, or emphasizing on one's psychological, physical or issues in present time .The interviewee should check the part which describes his/her present condition appropriately in all of the questions; moreover, this questionnaire is a small gadget to stiff which shows sleeping disorders, anxiety and stress, physical problems and disorder in social communications. (12, 10)

The 28-questionsnair type has been used in this research which consists of four licret –graded scales and each scale has 7questions .The mark of each question is evaluated with (0, 1, 2, 3) which examines four nonpsychotic Disorder groups:

1- Somatization 2-anxiety and sleep disorder 3- social dysfunction 4- depression. yaqoubi(1375) has qouted from Hosseini that the final factor has been reported 0/82,0/88 by Alpha kreonbach and reexamination methods, he also showed that maim feature of this questionnaire in the best- taken out poirts are 86% and 82% respectively .

The stability of the questionnaire based on keronbach's alph method has been determined in Rahmani's et.al study of its validity, the solidarity coefficiency of this questionnaire, by using clinical survey lists, has been reported '90%'.(4)

The general psyche health-secut point this research is 23 and the method which has been used for grading is the common method of grading .It means the mark higher than 23 reveals disorder and the mark lower than 23 shows 'health'. for small scales, the secant point was considered 6 which means the mark lower than 6 rereals the lack of disorder and the mark higher than rereals a disorder .In these studies the number of solidity and validity, based on section point which was 6,has been reported between 84% to 93% (2).

The data were analyzed using SPSS software .Furthermore, descriptive statistics, such as mean and standard deviation, and deductive statistics, such as chi-ava, T-test and ANOVA, have been used.

Findings:

169 persons have been studied in this research of whom there were 1 135 women (74%) and 44 men (26%).The average of the age of the female nurses was 32.5 and male nurses was 33.9 .65 percent of the whole nurses were married and 34.3 percent were single and 0/7 percent were divorced.

32.5 percent of these statistics group did fitness (sport) activates, while 61.s percent didn't do any spot activates .About their work time 927.2

Percent of the staff worked just in the morning while 65.1 percent of them had rotary work time (evening and night, morning and night).

Totally, 49.6 percent of the females (62persons) had no disorders and 50.4

Percent (63persons) had disorders.16 people of the males (36.4 percent) had no disorders. thus, totally, we come to this point that 78 persons (46.2 disorders in 28 people of them of them (63.6 percent) had no disorders and 91 persons (53.8 percent) had disorders .the mean and the standard deviation of of general psyche health are 27.9% and 13.1 % respectively (table 1)

Table 1. The units under this research in each subscales of the general health questionnaire

Scale	number	Without sign	with sign
Somatization	169	101(59.8%)	68(40.2%)
anxiety and sleep disorder	169	128(75.7%)	41(24.3%)
Social dysfunction	169	86(51%)	83(49%)
depression and tendency to suicide	169	101(59.8%)	68(40.2%)
general health	169	78(46.2%)	91(53.8%)

Among all of the nursing staff, those who worked in psychiatry hospital had the most psyche health (52.2 percent) Among aspects of general health, the greatest amount of the lack of psyche health was viewed in social function (9.5%) and the least amount of the lack of health was viewed in depression .It should be added that among the other aspects anxiety and somatization with 4.7 and 5.9 percent were viewed respectively.

In studying the relation between psyche health and demographic features (work time, age, sex, marital status, work experience and the range of income) we didn't see any meaning relation while between sport activities and psyche health. A meaning full relation was viewed. (table2)

Table 2. The mean and deviation of general health in staff who have and have not sport activities

Sport activity /sub scales	Yes Mean± deviation	No Mean±deviation	P value
Somatization	5.2±3.11	8.2±4.3	<0.001
anxiety and sleep disorder	6±2.1	8.2±3.1	<0.001
Social dysfunction	5.6±3.4	9±4.6	<0.001
Depression and tendency to suicide	3±2.35	6.5±4.6	<0.001
general health	19.9±7.6	31.8±13.4	<0.001

Discussion and conclusion

The percent study has been with the purpose to determine the psyche health of the nurses work in khoramabad 's public hospitals and it was found that 53.8 percent of these people has a sign or in other words they had a noisome psyche health .The result of this research in comparison with Iran's general population and Nourbala's study, which was 31 percent, was a large and concerning number (13).

The result of the present study was parallel to the study of Pour Reza et al (53%) and Hoigati et a(52%), While the nurses in khoramabad in comporison with the studies of masouleh et al (43%),Bahri Benyach et al (21.77%) and khaleqi zadeh (23.29% with standard deviation of 12.01%)had a less psyche health (6,10,15).Souzoki's study also revealed that only 31.2 percent of the nurses had a favorable psyche health and 68.8 percent of them didn't have favorable psyche health (16). The high outbreak disorders among the nurses arising from psyche health reveals this undeniable fact that in this job one may become a patient of psyche health the nurses Due to the nature of their jobs and excessive exhaustions arising from the work, in one hand, and in other houd their duties outside of hospital, their roles as a mother or a wife, are subjects to more psyche –health problems (16,2)

While studying subscales, social dysfunction with 9.5 percent had the most outbreak which was parallel to the other studies such as khaghain Zaden (6)Arasteh (9)and Bahri Benayach (10).To justify this result it could be said that it may be because of the nature of nursing which cause this group of society are not able to have good social relation (6)

The take results in the research showed that there aren't any meaningful statistics relations between sex, income level, job experience and marital status which was parallel to khaqani's studies and was not parallel to the other's studies. (8, 9, 17)

The meaning ful relation between sport activities and psyche health was a signify cant finding in this research .It showed that the nurses who had more sport activites they higher psyche health than those nurses who didn't have any activities or had lower sport activities .This research was parallel to Bidel and Fouk's research, which sowed a meaning full relation between sport and psyche health or decrement of anxiety and depression in the athletes (18).

This research was also parallel to Hossinin's et al, Esfahani, solhjou etal which were about the between sport and psyche health and of all of these researches showed that sport has a postivite effect on psyche health and those who do exercise have a better and higher psyche health than the others (19,20,18)

The findings of the present research were parallel to the research sahebi et al which studying the psyche health of the staff in Shiraz's and hospital It shows a meaningful relation between exercising and psyche health (21).

Exercising can be enjoyable by itself and it also cut any connection to the daily sufferings which is a way for removing depression.

Based on the taken evidence from monitored researches it was revealed that exercising, along with other treatments, can alleviate the depression .It has been proved that exercising reduces anxiety and hostility and increases self-esteem. Thus regular exercise, especially strong and sever aerobic exercise can help to improve our psychic and physical health (16).

Because of the stressful nature of nursing, the pressures in this job, facing unexpected situations, work times organization factors, the roles which the nurses have outside of the their work places, and the high disorders in their general health, we recommend those who are in charge of the nurses the nurses that they give a special attention to this group's psyche health and make it possible that their problems not to endanger their health we also recommend that they focus on exercising and do it daily because as the research has revealed there is close relation between exercising and psyche health

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