A STUDY ON DEPRESSION AND ANXIETY COMORBIDITY IN NON-ORGANIC CHRONIC HEADACHE PATIENTS
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Abstract:
BACKGROUND Nonorganic chronic headache is a common, challenging presentation in clinical practice. There is ample Western studies which evaluate the co-occurrence of Anxiety and Depressive in Chronic head ache patients. Studies on Indian population about psychiatric comorbiditiy of Chronic headache are meagre. Hence this current study has been ventured. AIM To analyse the Psychiatric comorbidity of anxiety and depression in Non-organic chronic headache patients.

METHOD: 30 Patients, both Males and Females between age group of 13 to 50 years with history of Chronic head ache (duration more than 3 months) who have been evaluated by an Ophthalmologist, an ENT surgeon, a Neurologist with CT brain revealing normal findings have been recruited for study at Institute of Neurology, Madras Medical College. Hospital Anxiety and Depression rating scale has been used as a screening tool and SCID for DSM IV has been administered. MAIN RESULTS Out of the total sample of 30 numbers, Those who had comorbid psychiatric diagnosis were 18. Most common diagnostic entities were GAD and Depression. CONCLUSION Most patients suffering from chronic Non Organic Head ache also suffer from comeorbid Anxiety disorders which should be addressed to get better outcomes.

Keyword: chronic headache, depression, anxiety,

INTRODUCTION:
Headache is a common, challenging presentation in clinical practice. Population-based studies and clinical investigations find high rates of comorbidity between chronic headache and mood and anxiety disorders in western population. The psychiatric disorders may complicate headache treatment and portend a poorer treatment response. The bad prognosis associated with psychiatric comorbidity with head ache emphasizes the importance of the identification of psychopathology among those with headache of early age onset, and suggests that the treatment of psychiatric comorbidity is warranted to improve the outcome of headache management (Steven Baskin 2006). Certain International studies show that several psychiatric disorders are severe risk factors for both the onset and chronicisation of primary headache, and for a long time it has been suspected that headache triggers psychiatric disorders, mostly of affective nature, and affects both their course and outcome (Gentili c2005). Studies on Indian population about psychiatric comorbidity of Depression and Anxiety in Chronic headache are meagre. Hence this current study has been ventured.

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3. Out of 18 individuals with Depression and Anxiety co-morbidity, 67% come from rural area, 5% come from semi urban area, 28% come from urban area.

4. Out of 18 individuals with Depression and Anxiety co-morbidity, 33% belong to Upper middle socio-economic class, lower middle 5%, upper lower 56% lower lower 5%.

5. Out of 18 individuals with depression and anxiety co-morbidity, 67% were married and 33% were unmarried.

**DISCUSSION:**
The presence of psychological distress contributes to poor quality of life in patients with chronic daily headache. Antidepressants are effective in the treatment of chronic daily headache and its comorbid depression symptoms (Wang S J 2002). Depression-specific psychotherapies such as CBT and interpersonal psychotherapy have been tested in numerous acute phase trials and are generally similar in effectiveness to tricyclic antidepressants in depressed outpatients. Also, for anxiety disorders associated with chronic headache, CBT proves to be a useful option in managing the symptoms.

**DIAGNOSIS:**
Out of the total sample of 30, individuals who had co-morbid depressive and anxiety diagnosis were 18. The percentage of individuals suffering from psychiatric co-morbidity is 60%. Among the 18 individuals 33% suffered from Depression, 33% suffered from GAD, 11% suffered from Hypochondriasis, 23% suffered from Anxiety disorder NOS.

**LIMITATIONS:**
1. Small sample size
2. Cross sectional observation study
3. The data were presented merely as percentages.
Large-scale, longitudinal surveys and clinical trials specifically for psychiatric comorbidity of chronic daily headache are warranted to answer whether a syndromic relationship exists between different chronic daily headache and depressive and anxiety disorders.

**References:**
1. Mood and Anxiety Disorders in Chronic Headache Steven M. Baskin, PhD; Gay L. Lipchik, PhD; Todd A. Smitherman, PhD. Headache 2006;46 [Suppl 3]:S76-S87