Changes in anxiety and depression symptoms associated to the outcome of MOH: A post-hoc analysis of the Comoestas Project

Bottiroli, Sara

Allena, Marta

Sances, Grazia

De Icco, Roberto

Avenali, Micol

Fadic, Ricardo

Katsarava, Zaza

Lainez, Miguel J.A.

Goicochea, Maria Teresa

Jensen, Rigmor Højland

Nappi, Giuseppe

Tassorelli, Cristina

Jensen, Rigmor Højland

© 2017, © International Headache Society 2017.Aims: To evaluate the impact of treatment success on depression and anxiety symptoms in medication-overuse headache (MOH) and whether depression and anxiety can be predictors of treatment outcome. Methods: All consecutive patients entering the detoxification program were analysed in a prospective, non-randomised fashion over a six-month period. Depression and anxiety were assessed using the Hospital Anxiety and Depression Scale. Results: A total of 663 MOH patients were evaluated, and 492 completed the entire protocol. Of these, 287 ceased overuse and reverted to an episodic pattern (responders) and 23 relapsed into overuse. At the final evaluation, the number of patients with depressive symptoms was reduced by 63.2% among responders (p < 0.001) and did not change in relapsers (p = 0.13). Anxious symptomatology was reduced by 43.1% in responders (ps < 0.001) and did not change in relapsers (p = 0.69). At the multivariate analysis, intake of