

Psychological, clinical, and therapeutic predictors of the outcome of detoxification in a large clinical population of medication-overuse headache: A six-month follow-up of the COMOESTAS Project

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© 2018, International Headache Society 2018. Aim: To identify factors that may be predictors of the outcome of a detoxification treatment in medication-overuse headache. Methods: Consecutive patients entering a detoxification program in six centres in Europe and Latin America were evaluated and followed up for 6 months. We evaluated anxious and depressive symptomatology (though patients with severe psychiatric comorbidity were excluded), quality of life, headache-related disability, headache characteristics, and prophylaxis upon discharge. Results: Of the 492 patients who completed the six-month follow up, 407 ceased overuse following the detoxification (non-overusers), another 23 ceased overuse following detoxification but relapsed during the follow-up. In the 407 non-overusers, headache acquired an episodic pattern in 287 subjects (responders). At the

multivariate analyses, lower depression scores (odds ratio = 0.891; $p = 0.001$) predicted ceasing overuse. The primary headache diagnosi