**Fear and Headache: A Clinical Commentary**

Headache disorders are the second cause of years lived with disability worldwide.

**Tension-Type**
- Bilateral location
- 30 min-7d duration
- Pressing quality
- Photophobia
- or
- Phonophobia

**Migraine**
- Unilateral location
- 4-72h duration
- Pulsating quality
- Photophobia
- +
- Phonophobia

Both lead to substantial socioeconomic costs in terms of chronic pain, sick leave, medication overuse, depression, and suicidal behaviours.

**Psychological factors**
are probably the most influential factors affecting how an individual perceives, interprets and cope with pain.

**Fear**
has received a great empirical attention in the context of chronic pain.

**Assessment**

1. **Fear of having a headache attack**
   - When you are feeling well do you ever fear to have an attack?
   - Have you ever used painkillers even though you were not having pain just because you were scared of an attack?
   - Have you ever used a second dose of painkilling drugs just because you feared that the pain would get worse before it actually did?
   - Have you ever used painkillers to improve your performances and be more active, although you were not feeling the pain at all?

**Fear of pain**
- The fear of Pain Questionnaire

**Fear of movement**
- Tampa Scale for Kinesiophobia

**Multicomponent interventions** combining exercise programs plus psychological therapies seem to be the most promising approaches to reduce fear in chronic pain.

**Exercise programs**
- **Tension type**: 2-3 times a week
- **Migraine**: 3+ times a week

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The number of clinical trials evaluating the effects of different therapies on fear in headache is scarce. Future studies analysing the effectiveness of multicomponent interventions to reduce fear in headache are warranted.