

FEAR AND HEADACHE: A CLINICAL COMMENTARY

Javier Martínez Calderón
Mar Flores Cortés
Alejandro Luque Suárez
University of Málaga



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



TENSION-TYPE

Bilateral location

Pressing quality

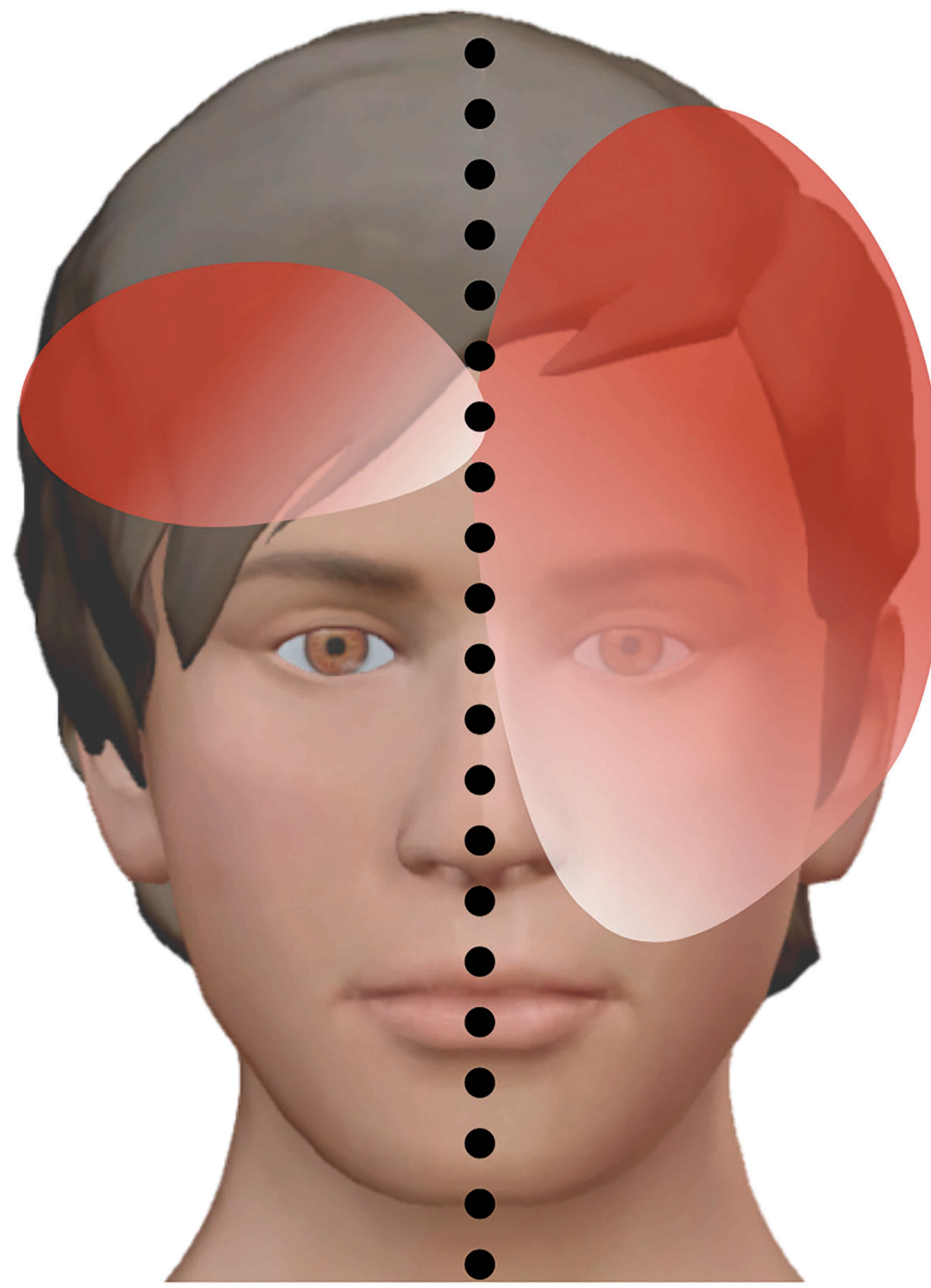
Photophobia or **Phonophobia**

MIGRAINE

Unilateral location

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

Fear of pain

The fear of Pain Questionnaire

Fear of movement

Tampa Scale for Kinesiophobia

Fear of having a headache attack

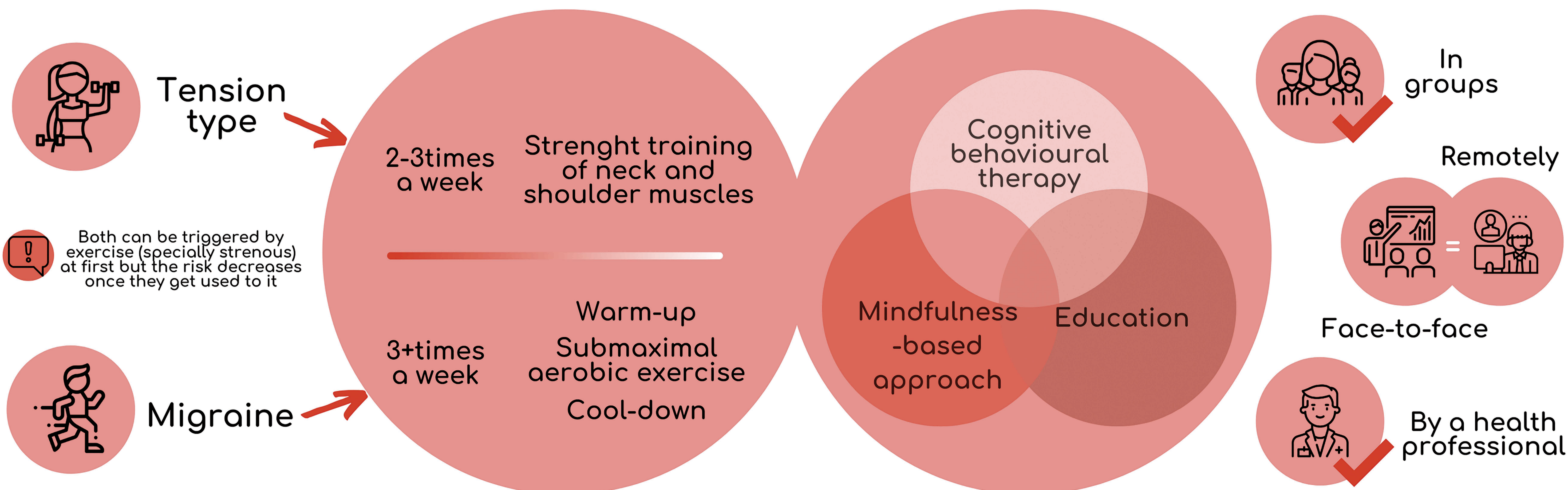
- 1 When you are feeling well do you ever fear to have an attack?
- 2 Have you ever used painkillers even though you were not having pain just because you were scared of an attack?
- 3 Have you ever used a second dose of painkilling drugs just because you feared that the pain would get worse before it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

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

Exercise programs

MULTICOMPONENT

Psychological therapies



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

References and Contact

