



Type of Headache Prevalent Among Medical Students

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ABSTRACT

Aim and Objectives :

- To compare different types of primary headache present among students and to find what type is prevalent more.
- Identify and collect data.
- Analyse the data.

Methodology :

- Study method: Questionnaire study.
- Study centre: Saveetha Medical College, Thandalam.
- Study population: Students attending Saveetha Medical College.
- Study duration: 6 months from January to June 2022
- Sample size: 150
- A questionnaire form was created in online platform and based on that after some analytical studies, the study was reviewed.

Results : The questionnaire study was analysed using statistical methods and results were calculated based on that. Out of 150 students Migraine-type headache- 61 (12.67%), Tension-type headache- 66 (44%), Cluster-type headache- 23(43.34%).

Conclusion: Our study led to the conclusion that the type of primary headache prevalent among medical students was found to be Tension-type headache (44%) in 66 individuals.

Keywords: Tension, Cluster, Migraine, Headache, Medical students.

I. INTRODUCTION

Headache is a common symptom that is seen in all parts of the world, it is the common form of pain seen mostly and is the most common reason for sick leaves. The common things to know about an headache is the site of headache, duration it persists, the type of pain it is producing which may be throbbing, dull, pricking, constant or sharp, any associated factors that causes the headache, any

relieving factors that gives a sense of ease, and medication which relieves the headache, severity of the pain.

Primary Headache: Causes intense pain sensitive features in the head.

The types of primary headache include,

1. Migraine-type.
2. Tension-type.
3. Cluster-type.

There a lot of causative factors which can trigger an headache,

- Life style modification
- Loud noises
- Wine
- Inadequate sleep
- Smoking
- Flashes
- Skipping meals
- Fatigue

II. METHODOLOGY

This is a questionnaire study done in the department of ENT at Saveetha Medical College, Thandalam. Approval from IEC was obtained prior to study. The population that was taken for the study were medical students who had complaints of headache and the study was done during the duration of January to June 2022 in the age group 18-24. A total of 150 students with headache were included in this study. The study sample consists of people coming from different places and with different lifestyle habits.

The questionnaire was distributed among online platforms to medical students who had complaints of headache frequently. The answers that were responded were recorded and analysed. The questionnaire consists of a total of 15 questions. Based on the responses the type primary headache associated was differentiated which were specific that type of headache.



Questionnaire

Comprised of 15 questions, regarding age, sex, duration of headache, site, type of pain, lateralization, history of sinusitis, aggravating factors, relieving factors, intensity of pain, history

of nasal discharge, associated retro-orbital pain, relationship with routine, associated ear and tooth pain. From the answers received the type of headache is differentiated based on the table below

Clinical Features	Cluster-type	Migraine-type	Tension-type
Female:male	50:50	75:25	60:40
Lateralization	Unilateral without side-shift	unilateral with side-shift	Diffuse bilateral
Location	Occipital to frontoparietal, orbital	Frontal, periorbital, temporal	Diffuse
Duration	variable	4-72 hours	30mins-3 hours
Character of pain	Variable(dull,throbbing)	pulsating	Pressing/tightening

Statistical Analysis

Data analysis were done in Microsoft Excel.

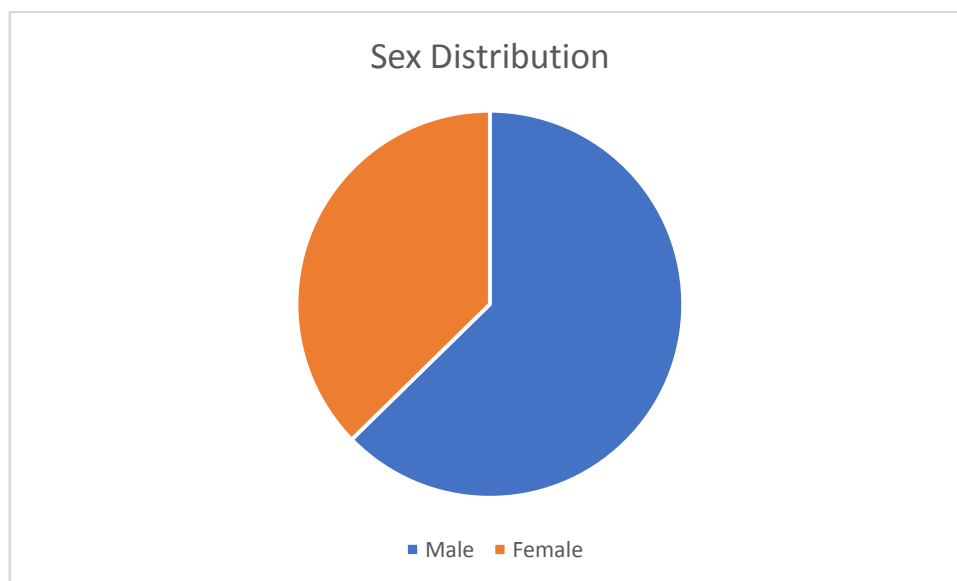
III. RESULTS

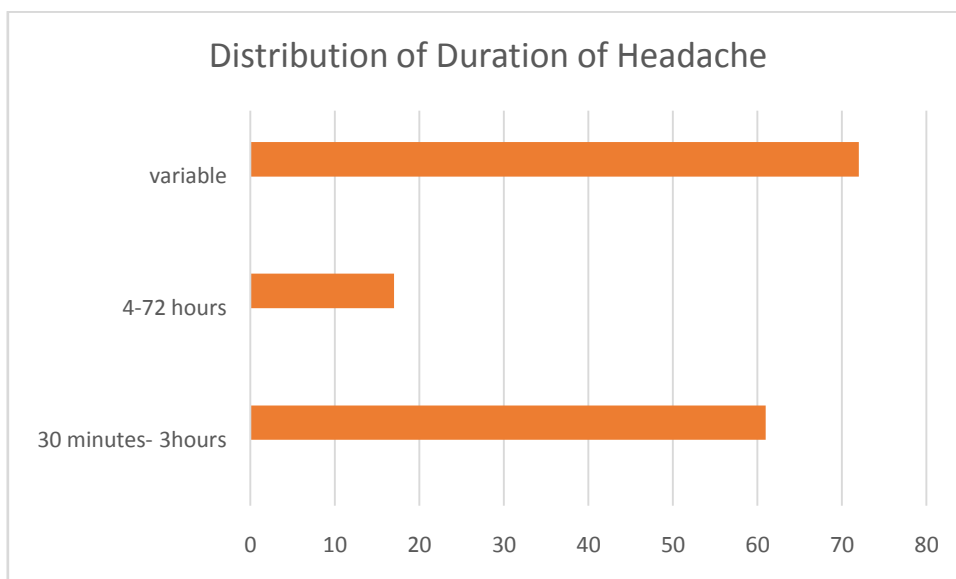
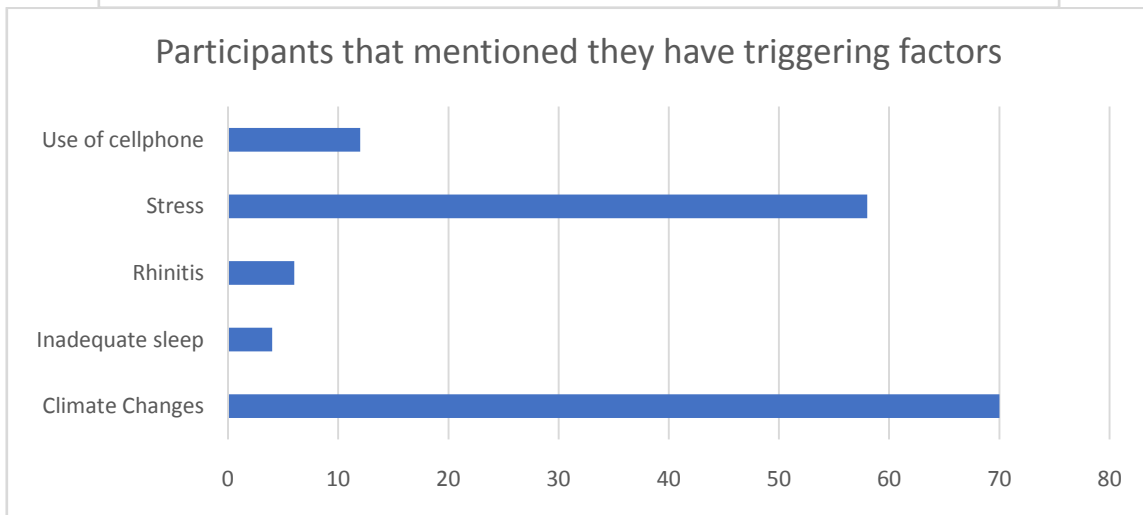
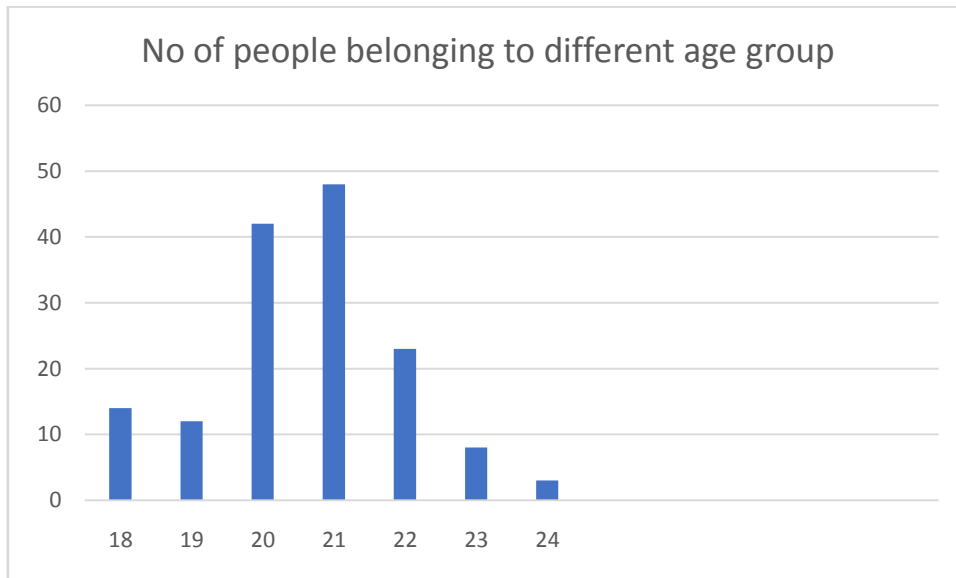
Lateralization:

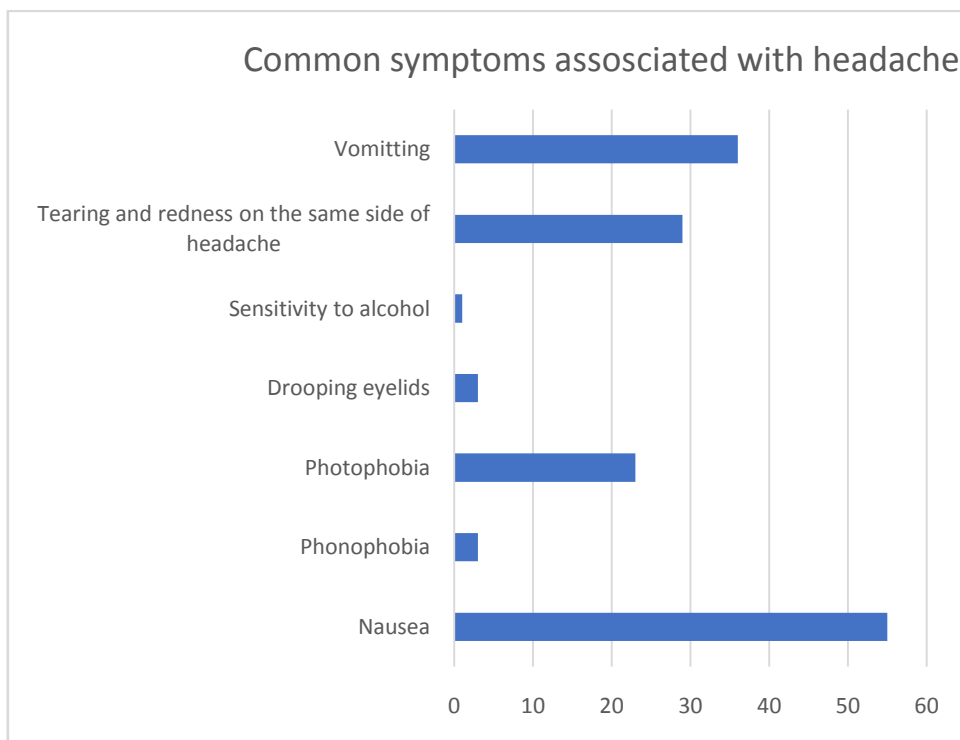
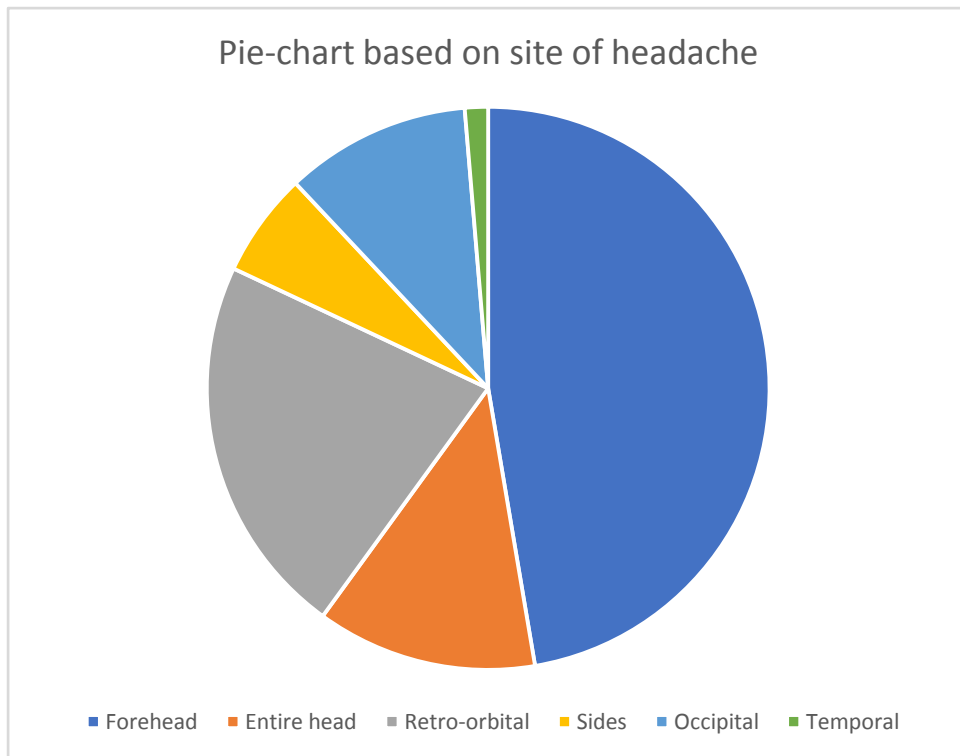
Unilateral	Bilateral	Both
48%	28%	24%

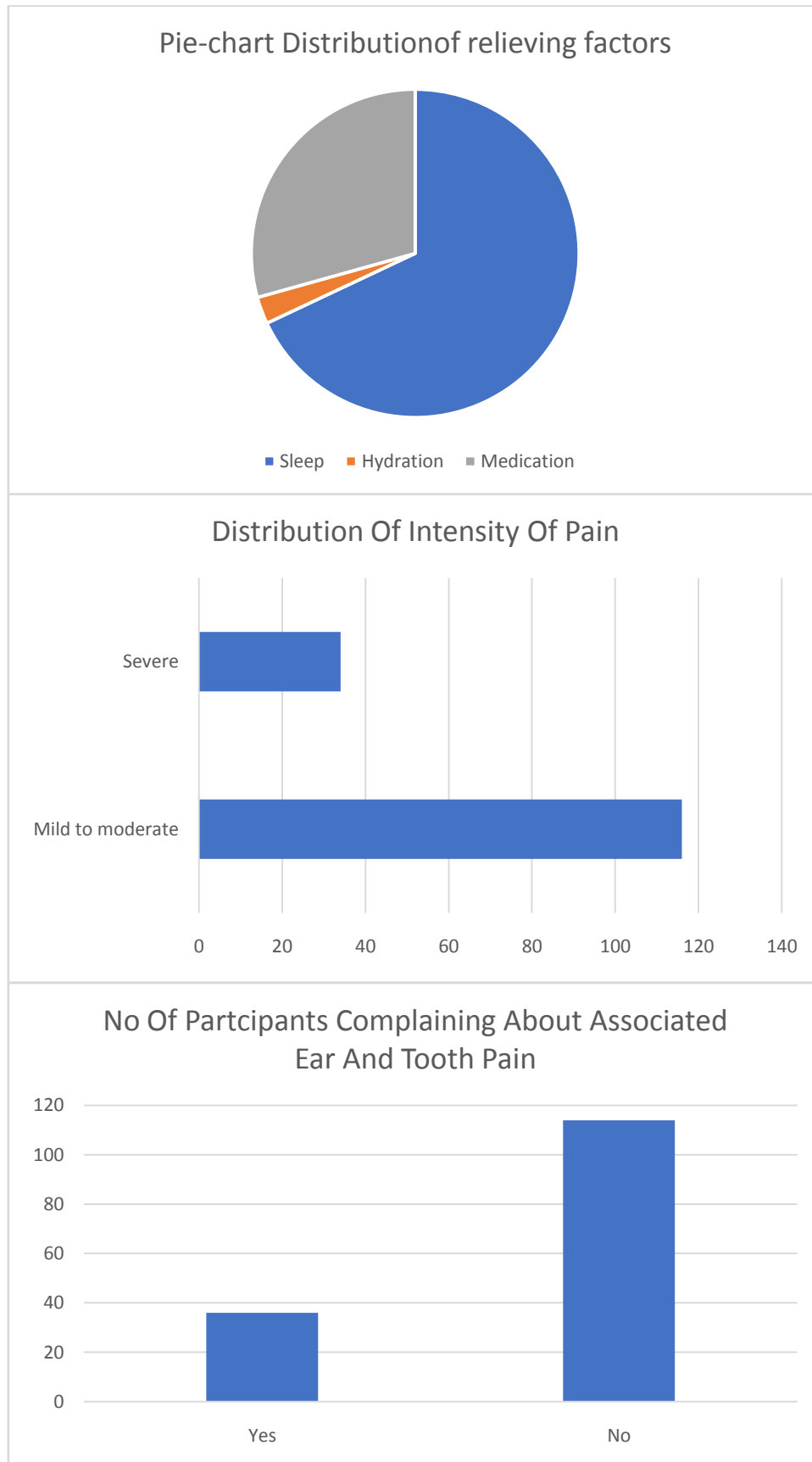
History of Sinusitis:

Yes	No	Maybe
7.34%	54.67%	34.67%











Character of Pain	No. of participants Having Specific Character of Pain	Percentage (%)
Dull	4	2.67
Pressure/ Tightening	66	44
Throbbing	19	12.67
Pulsating	61	40.66

IV. DISCUSSION

Currently, the differential diagnosis for each type of headache varies and it is differentiated into each category based on the site of headache, severity of pain, lateralization, aggravating factors causing headache and its relieving factors.

Previous research on age and gender distributions were largely supported by this review. The group with median age values between 18 and 24 years and among those age group people in the age of 21 saw the highest prevalence of headache overall. Overall, tension type of headache was more common in male between the ages of 18 and 24, but it was slightly less common in female between the ages of 18 and 24. Migraine were more common in people aged 18 to 24, for both sexes. Of all, the age range of 18 to 24 is a pretty large one.

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