

The SymPregMig-study Symptoms among pregnant and postpartum women with migraine – a longitudinal prospective study

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Background Migraine is a widespread neurological disease manifesting in recurrent headache attacks that are often debilitating and interfering with daily life. There are generally two types of Migraine: without aura and migraine with aura. The prevalence of migraine among women of childbearing age is 20-25%. Most women with migraine experience improvement in migraine attack frequency during their pregnancy compared to pre-pregnancy, a small number of women described worsening during pregnancy, and a large proportion experienced worsening in migraine attack frequency already a week after giving birth. Migraine in non-pregnant women is associated with depression, anxiety, poorer sleep, and lower quality of life, but the course of migraine symptoms during pregnancy and childbirth is sparsely described. The topic is urgent to highlight to ensure qualified healthcare guidance for pregnant women with migraine.

Hypothesis and study objective We hypothesize that pregnant and postpartum women with migraine have a higher symptom burden than pregnant women without migraine. The overall aim is to describe symptoms of depression, anxiety, sleep quality, pregnancy-related symptoms, and quality of life throughout the pregnancy and during the postpartum period among women with and without migraine

Research plan A prospective clinical pregnancy and post-partum cohort of 300 women with migraine, and 300 women without migraine will be established. Electronic questionnaires providing patient-reported information on migraine, pain, symptoms of depression, symptoms of anxiety, quality of sleep, quality of life, and general pregnancy-related symptoms will be filled in around gestational weeks 15-18, 28, and 35, and 1-2 weeks and eight weeks postpartum.

Setting Participants in this study will be recruited among pregnant women attending maternity care at the Department of Obstetrics, Copenhagen University Hospital – Rigshospitalet.

Status Applying for funding