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MIGRAINE AMONG PRINCESS NOURAH BINT ABDULRAHMAN UNIVERSITY STUDENTS IN RIYADH, SAUDI ARABIA

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Objectives: To Estimate the prevalence of migraine among PNU students, in medical and other (non-health) colleges and to identify its common triggers, and assess its severity and effects on the students' life.

Materials & Methods: This is cross-sectional, questionnaire based study, of convenient sampling technique. 523 students out of 539 participated students were included. Participants who had two or more headaches in the last three months formed the headache group. Afterwards, two preliminary questions were applied to the headache group and participants with at least one affirmative response were asked to perform the validated ID-Migraine test.

Results: The mean age of the participants was 20.97±1.6 years; 448/523 students (85.7%) were screened positive for headache. Migraine was detected among 234/523 of the students (45%); 17% were medical and 55% were non-health colleges. Lack of sleep 89.3%, stress 74.8%, and menstruation 46.6% were the most triggering factors of migraine. This study showed significant association between migraine headache and studying in non-

health colleges (P=0.001). In medical students, the median pain level was III (moderate) and migraine disability assessment score was I (little).

Conclusion & Recommendations: The prevalence of migraine among PNU students was high compared to other studies. Further studies should be carried out by neurologist for more knowledge about migraine among students' population.

Biography

Aroob Almoagti is a medical student at Princess Norah Bint Abdul Rahman University, Saudi Arabia.

August 2013 to current

1. Take many rotation in different hospitals and departments for training on taking history and physical examination.
2. A member at pulse team which give a cpr course to community

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