The relationship between migraine and depression has been well established in clinic- and population-based studies. The relationship of other headache subtypes and depression has also been documented. We sought to explore the prevalence of depression in primary headache subtypes, within different levels of headache-related disability, and in relation to body mass index (BMI) in a large U.S. population sample of headache sufferers.

**Background & Study Sample**

In 2004, the American Migraine Prevalence and Prevention (AMPP) study survey was sent to a representative sample of 120,000 U.S. households. In 2005, a follow-up survey was sent to a random sample of 24,000 self-identified headache sufferers from the screening survey. Usable surveys were returned by 16,577 individuals (69.1% response rate).

**METHODS**

- **Design**: Cross-sectional population analysis
- **Demographics**: Including height and weight
- **Headache history**: Frequency, severity, and symptoms
- **Headache-related disability**: Specifically, depression in women with disabling chronic headache.

**Outcome Measure**

**Depression (Patient Health Questionnaire-9 [PHQ-9])**

- The PHQ-9 is a 9-item self-administered checklist with response options ranging from “Not at all” (0 points) to “Nearly every day” (3 points) and is based directly on the diagnostic criteria for Major Depressive Disorder from the Diagnostic and Statistical Manual of Mental Disorders, 4th Edition (DSM-IV).

**RESULTS**

- **The prevalence of moderately-severe or severe depressive symptomology also increased significantly with BMI ranging from 12.3% of ‘normal’ range BMI respondents versus 14.0% of ‘obese,’ 17.8% of ‘overweight,’ and 24.7% of ‘morbidly obese’ respondents. Respondents in the ‘underweight’ BMI category also had a higher prevalence of moderately-severe or severe depressive symptomology (19.2%) (Figure 2).**

**CONCLUSIONS**

- This is the largest population-based sample exploration of the relationships between primary headache subtype, depressive symptomology, BMI, and headache-related disability to date.

**REFERENCES**