SUMMARY

The present study was carried out to investigate the personality and defense mechanisms of female migraine with aura and migraine without aura sufferers.

AIMS

Following were the main aims of the present study

1. To compare migraine patients (with and without aura) with controls on the following personality variables.
   a) Depression       d) Orderliness
   b) Anxiety          e) Ambition
   c) Rigidity

2. To compare migraine patients (with and without aura) and control group on defense mechanisms.

3. To compare migraine patients with aura and without aura on the following personality variables.
   a) Depression       d) Orderliness
   b) Anxiety          e) Ambition
   c) Rigidity

4. To compare migraine patients with aura and migraine patients without aura on defense mechanisms.
5 To find out as to

a. Which subset of variables in combination would discriminate migraine with aura from controls.

b. Which subset of variables in combination would discriminate migraine without aura from controls.

c. Which subset of variables in combination would discriminate migraine with aura from migraine without aura.

Secondary Aims

1. To examine the effect of

a. Chronicity (0-9, 10-19, 20-29, yrs.)

b. Frequency (0-4, 5-8 attacks per month)

c. Intensity (moderate and severe)

amongst migraine patients on personality variables and defense mechanisms.

HYPOTHESES

On the basis of the review of literature, the investigator proposed the following hypotheses.

1. It was expected that migraine patients (with and without aura) would score higher on

   a) Depression       b) State Anxiety       c) Trait Anxiety
   d) Rigidity         e) Orderliness         f) Ambition

   as compared to controls.
2. It was expected that migraine patients (with and without aura) would use more of maladaptive action defenses as compared to controls.

3. It was expected that migraine patients (with and without aura) would use more of image-distorting defenses as compared to controls.

4. It was expected that migraine patients (with and without aura) would use more of self-sacrificing defenses as compared to controls.

5. It was expected that migraine patients (with and without aura) would use less of adaptive defenses as compared to controls.

6. It was expected that migraine patients with aura as compared to without aura patients would score higher on
   a) Depression  b) State Anxiety  c) Trait Anxiety
d) Rigidity      e) Orderliness    f) Ambition

7. It was expected that migraine patients with aura would use more of maladaptive action defenses as compared to without aura patients.

8. It was expected that migraine patients with aura would use more of image-distorting defenses as compared to without aura patients.

9. It was expected that migraine patients with aura would use more of self-sacrificing defenses as compared to without aura patients.

10. It was expected that migraine patients with aura would use less of adaptive defenses as compared to without aura patients.

In view of dearth of research and theoretical framework, with regard to effect of migraine chronicity, intensity, and frequency on personality
variables and defense mechanisms no hypotheses were framed for the relationship of headache parameters with various personality variables and defense styles.

**SAMPLE**

The sample of the present study consisted of 300 married women in the age range of 25-45 years with minimum educational qualification of matriculation. Only those subjects were included who were able to understand spoken Hindi and could read and understand English. Unmarried, divorced and widows were not included in the sample. There were 100 subjects in each of the following categories:

1. Migraine with aura
2. Migraine without aura
3. Controls

The migraine subjects were drawn from Government Medical College Hospital, Sec. 32, Chandigarh and from various other government dispensaries in and around Chandigarh. Patients having migraine without aura and migraine with aura fulfilled the diagnostic criteria laid down by International Headache Classification (1988). One hundred females reporting only occasional non problematc headache and did not experience pain at the time of assessment served as controls. Only those who were willing to participate were included in the research. Migraine and control groups were matched for age and other demographic characteristics (marital status and educational level).
INSTRUMENTS USED

Keeping in mind the aims of the study, the following tools were selected for the present research.

2. Rigidity, Orderliness and Ambition Questionnaire (Kohler and Kosanic, 1992).
5. State-Trait Anxiety Inventory (Spielberger et al., 1970).
6. Socio-Demographic Data Sheet

RESULTS

The obtained results are given below:-

1) Migraine sufferers are significantly higher on depression as compared to controls.

2) Migraine with aura group is significantly higher on depression as compared to migraine without aura group and both these groups are significantly higher on depression as compared to controls.

3) Migraine group is significantly higher on state and trait anxiety as compared to controls.

4) Migraine with aura group are significantly higher on state and trait anxiety as compared to migraine without aura group and both these
groups are significantly higher on state and trait anxiety as compared to controls.

5) Migraine group is significantly higher on maladaptive defense style, image-distorting defense style, and self-sacrificing defense style than the control group.

6) Migraine group is significantly lower on adaptive defense style as compared to control group.

7) Migraine with aura group has significantly higher mean scores on maladaptive defense style as compared to migraine without aura group. Whereas migraine without aura group has significantly higher means on image-distorting defense style, self-sacrificing defense style, and adaptive defense style.

8) Migraine group is significantly higher on rigidity as compared to the control group.

9) Migraine without aura group is significantly higher on rigidity as compared to migraine with aura group.

10) Migraine group is significantly higher on orderliness as compared to the control group.

11) No significant difference was found on orderliness between migraine with aura and migraine without aura group.

12) Migraine with aura, migraine without aura, and control group did not differ significantly on ambition.

13) Migraine sufferers who are lower on chronicity (0-9 years) are higher on state anxiety, trait anxiety, and depression as compared to those who are comparatively higher on chronicity (10-29 years).
14) Those migraine sufferers who are suffering from migraine for last 9 years are using more of maladaptive defense style than those who had longer chronicity of illness (10-29 years).

15) Those migraine sufferers higher on chronicity of illness (20-29 years) are less orderly than those who are lower on chronicity (0-9 years).

16) Migraine with aura sufferers who are lower on chronicity of illness (0-9 yrs) are more anxious, orderly, depressed and rely more on self-sacrificing defense style than those who are higher on chronicity of illness (20-29 years).

17) Migraine without aura sufferers who are lower on chronicity of illness (0-9 years) are higher on state anxiety, trait anxiety and depression as compared to other two groups.

18) Migraine without aura sufferers who had migraine for the last 9 years tend to use more of maladaptive and less of adaptive defenses as compared to migraine without aura sufferers having migraine for 10 to 19 years.

19) Migraine sufferers having intense and incapacitating headaches are higher on anxiety and depression than those who have very severe headaches but can do undemanding jobs. Also the severe headache group tends to use more of maladaptive defenses and image-distorting defenses as compared to those with comparatively less severe headache.

20) Migraine with aura group classified on the basis of severity did not differ significantly on the personality variables and defense styles.

21) Migraine without aura subjects who have severe and incapacitating headaches are more anxious, orderly, and depressed. Also the migrainees without aura sufferers having more intense headaches use
more maladaptive defenses and image-distorting defenses as compared to those with less severe headache.

22) Migraine sufferers who have higher frequency (5 to 8 migraine headaches per month) are more anxious and depressed as compared to those migraine sufferers who are comparatively lower on frequency (0 to 4 migraine headaches per month). Also migraine group higher on frequency were using more of self-sacrificing defense style and less of adaptive defense style as compared to migraine sufferers lower on frequency of headaches.

23) Migraine with aura sufferers having higher frequency (5-8 headaches per month) are more anxious, more depressed and using more of self-sacrificing defense style as compared to those lower on frequency (0-4 headaches per month).

24) Migraine without aura group classified on the basis of frequency did not differ significantly on the personality variables. Migraine without aura sufferers higher on frequency tend to use less of adaptive defense style as compared to group having lower frequency of headaches.

25) Variables like state anxiety, adaptive defense style, trait anxiety, and depression play a very significant role in discriminating migraine with aura and control group.

26) In case of migraine without aura and controls variables like depression, adaptive defense style, rigidity, and state anxiety play an important role in discriminating the two groups.

27) Depression, adaptive defense style, rigidity, and self-sacrificing defense style differentiate migraine with aura and migraine without aura groups.