CONCLUSIONS

The present study was designed to compare female migraine patients with and without aura and controls on personality factors like Depression, Anxiety, Rigidity, Orderliness, Ambition, and Defense Mechanisms.

The overall picture of the three groups on various personality variables is depicted graphically in the personality profile (Figure 24). The profile of migraine sufferers that emerges from the present study is that of a person who differs considerably from the normal healthy individuals on certain personality variables. As the results indicate, migraine with aura and migraine without aura sufferers are significantly higher on state anxiety, trait anxiety, rigidity, orderliness and depression as compared to the control group also both the migraine groups rely significantly more on maladaptive, image-distorting, and self-sacrificing defense style and significantly less on adaptive defense style as compared to the control group.

It is also evident from the results that migraine with aura sufferers are significantly higher on state anxiety, trait anxiety, depression and significantly lower on rigidity as compared to migraine without aura sufferers. Results also indicate that migraine with aura sufferers tend to use more of maladaptive defenses and less of adaptive style as compared to migraine without aura sufferer. Whereas migraine without aura sufferers tend to use more image-distorting and self-sacrificing defenses than migraine with aura. The three groups did not differ significantly on ambition.
Figure 24: Personality profiles for the migraine with aura, migraine without aura and controls.