

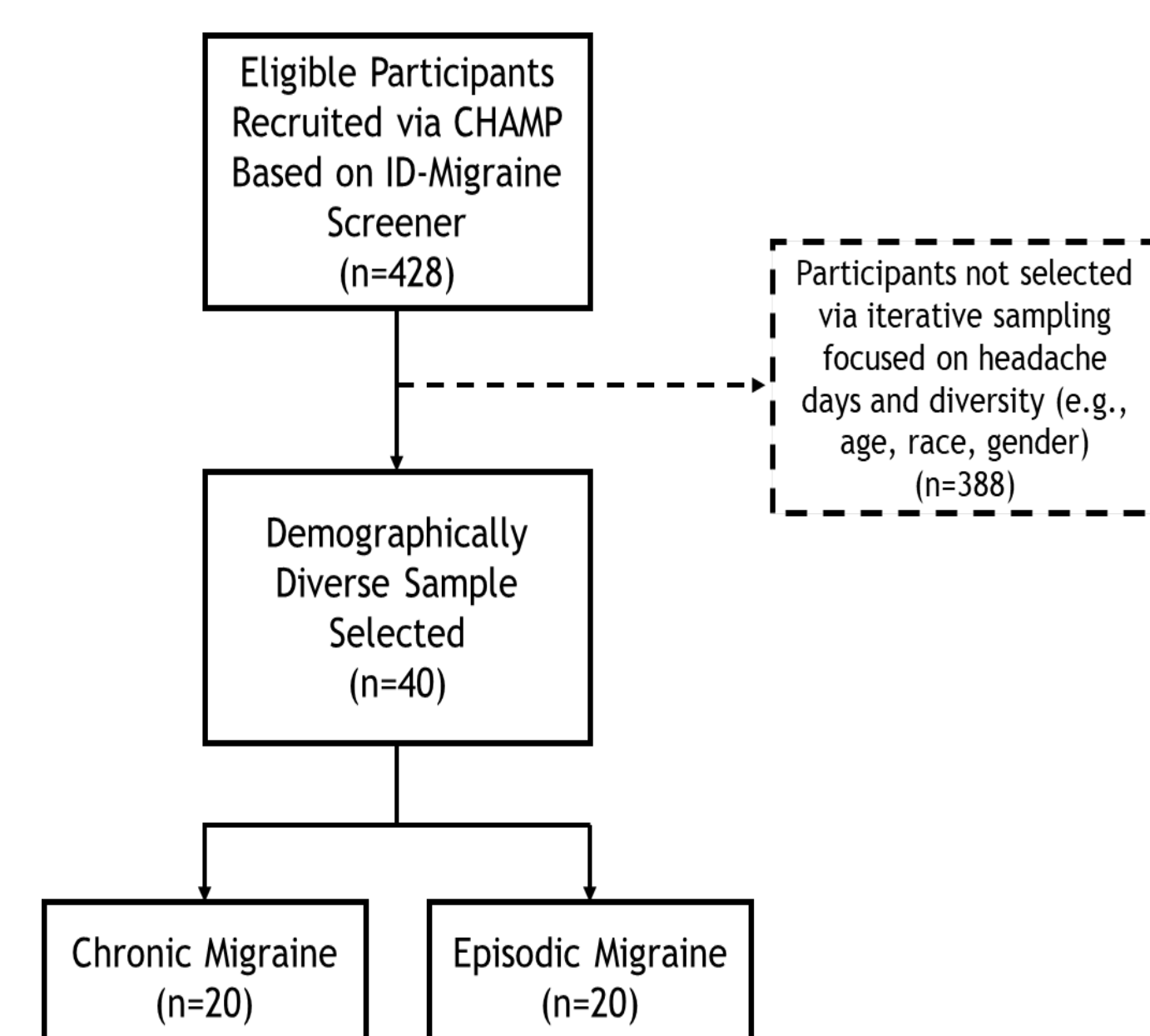
Background & Objectives

- Migraine is associated with psychological and emotional symptoms, though these experiences are rarely examined in the different phases of the migraine cycle
- The Migraine Clinical Outcome Assessment System (MiCOAS) project is an FDA-funded project focused on integrating patient input into the development of clinical trial outcomes
- Input was gathered from people living with migraine via qualitative interviews on a range of topics including cognitive and physical functioning, ICHD-3 symptoms, and psychological and emotional symptoms. This presentation focuses on non-ICHD-3 migraine defining symptoms (other data are presented separately)

Methods

- Individuals with self-reported, medically-diagnosed migraine were recruited via announcements by the Coalition for Headache and Migraine Patients (CHAMP) for participation in semi-structured qualitative interviews
- Of N=428 individuals who responded to the study screener and were determined eligible, a sociodemographically diverse sample of 40 interview participants were selected (Figure 1)

Figure 1. Flow chart of participant selection



- Participants discussed their “typical” experience during headache phases:
 - Pre-headache:** “the period of time between when your migraine attack begins up until the onset of your headache pain”
 - Headache:** “the period of time during your migraine attack when you experience headache pain”
 - Post-headache:** “the period immediately after your headache pain subsides”
 - Interictal/between attacks:** “the time period in-between your migraine attacks”
- Symptoms reported by ≥20% of respondents during ≥ one headache phase are shown by phase in Figure 2.

Results

Participant Characteristics

- Participants ranged from 21-70 years old, 77.5% were female, 67.5% were White, 22.5% Black, 10.0% American Indian or Alaskan Native, 7.5% Asian and 7.5% other/prefer not to answer. 22.5% were Hispanic. 55.0% were employed
- All participants currently used acute treatment(s) and 87.5% currently used preventive therapy for migraine

Non-ICHD-3 Symptoms

Pre-headache

- Most common symptoms included fatigue/exhaustion, smell sensitivity, decreased appetite, and insomnia (32.5% to 40.0% of participants) (Fig. 2)
- Additional symptoms not shown in Fig 2. included: back pain (5.0%), body pain (2.5%), dull head pain (7.5%), ear pressure (2.5%), eye pressure (5.0%), eye strain (2.5%), face pain (5.0%), head tension (15.0%), feeling hot/ flushed (15.0%), Leg/arm tension (2.5%), shoulder tension (17.5%), teary eye (5.0%), temple pain (7.5%), and tinnitus (5.0%).
- Sample quote: “*Well, sometimes I will get like - my neck will get stiff, like in the back of my neck and it will be very tender, in a sense. And then that’s how I kind of like know.*” (Neck pain, neck tension)

Headache

- Most common symptoms reported were smell sensitivity (35.0%) and vertigo (30.0%) (Fig. 2)
- Additional symptoms not shown in Fig 2. included: back pain (7.5%), body pain (12.5%), diarrhea (2.5%), eye strain (2.5%), face pain (17.5%), hot/ flushed (15.0%), jaw pain (7.5%), shoulder tension (2.5%), sleep during the day (7.5%), temple pain (17.5%), tinnitus (2.5%) and tremor (2.5%).
- Sample Quote: “*As soon as I get a migraine, I’m bound to end up in the bathroom at some point. Sometimes I get chills. And my eyes close. I just basically will sometimes pass out, like fainting*” (Multiple symptoms)

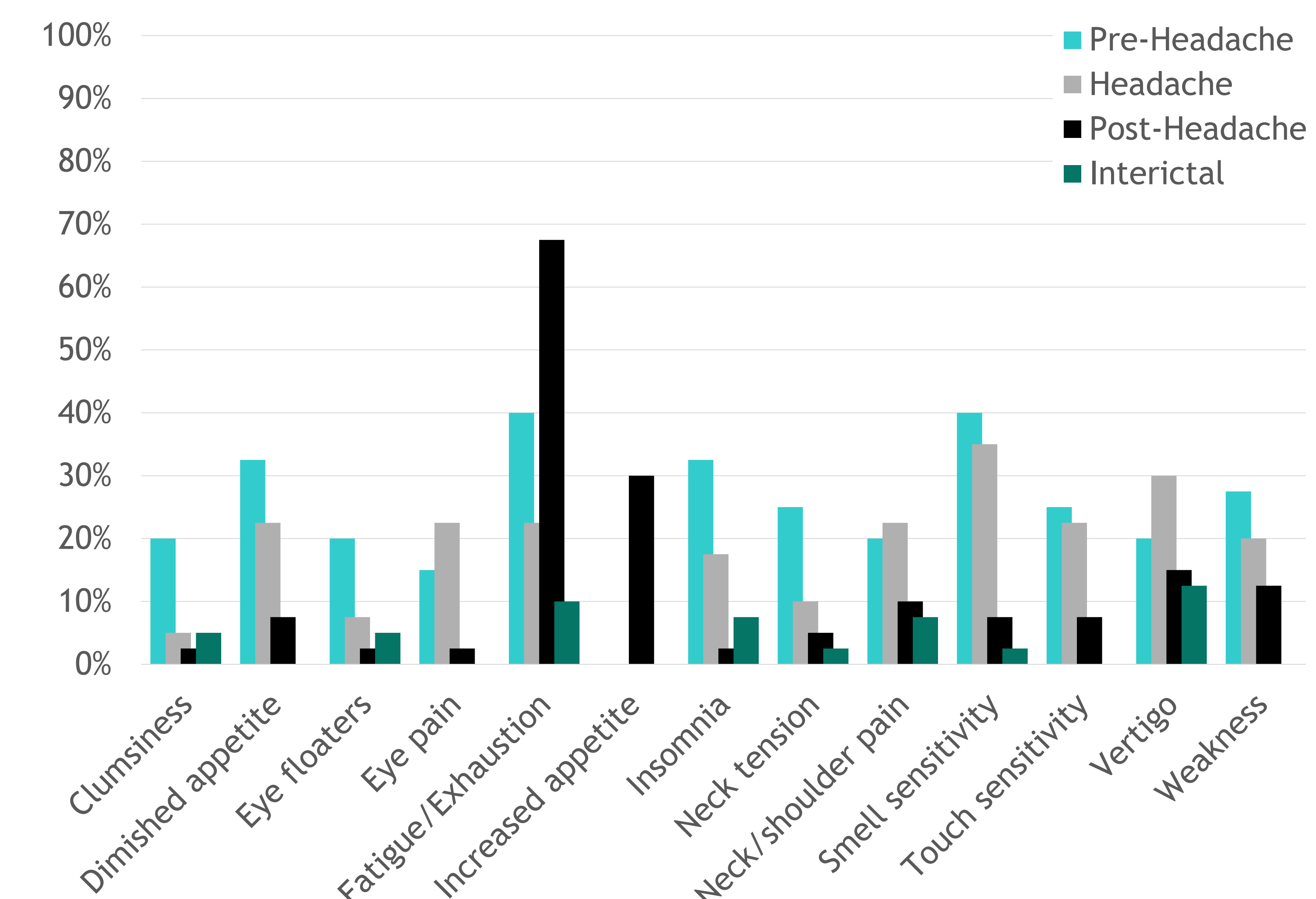
Post-headache

- Fatigue/exhaustion was the most common symptom (67.5% of participants). Increased appetite (30.0%), vertigo (15.0%), dull head pain (15.0%) and weakness (12.5%) were also reported (Fig. 2)
- Sample quote: “*Immediately after, I feel exhausted, completely worn down. It takes a lot out of me*” (Exhaustion/fatigue)
- Additional symptoms not shown in Fig 2. included: body pain (5.0%), dehydration (7.5%), diarrhea (2.5%), dull head pain (15.0%), shoulder tension (2.5%), sleep during the day (2.5%), throbbing with no pain (2.5%) and tremor (2.5%).

Interictal/between attacks

- Vertigo (12.5%) and exhaustion/fatigue (10.0%) were the most common symptoms (Fig. 2)
- Sample Quote: “*I’m exhausted. I’m very exhausted a lot. I’m fatigued.*” (Exhaustion/fatigue)
- Additional symptoms not shown in Fig 2. included: back pain (2.5%), body pain (2.5%), diarrhea (2.5%), feeling hot/flushed (2.5%)

Figure 2. Non-ICHD-3 symptoms and experiences reported by % of participants by phase (N=40)



Note: Figure displays all symptoms that received at least 20% endorsement during at least one headache phase. Omitted symptoms are back pain, body pain, dehydration, diarrhea, dull head pain, ear pressure, eye pressure, eye strain, face pain, head tension, hot feeling/flushed, jaw pain, leg/arm tension, shoulder tension, sleep during the day, teary eye, temple pain, throbbing with no pain, tinnitus, and tremor.

Conclusions

- The symptoms of migraine range beyond what are typically considered cardinal and/or diagnostic symptoms and can be experienced during all phases of the migraine cycle, including interically
- Like cardinal symptoms, these symptoms can be bothersome and impactful to people living with migraine
- It is important to consider symptoms beyond cardinal symptoms and to ask patients about their experience during all phases of attacks, as well as between attacks, to truly understand and capture the complete impact of migraine

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