

WHO TAKES CARE OF PATIENTS SUFFERING FROM MIGRAINE? THE CAREGIVER'S IDENTIKIT STUDY. A MI-DEAR SUB-ANALYSIS

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Background. Migraine represents one of the leading causes of health loss globally, impacting on patients and family members. Despite its clinical relevance, the specific impact of migraine on informal caregivers remains poorly investigated in the literature. This study aimed to investigate the socio-demographic and occupational profiles of migraine caregivers, identify their specific characteristics, and evaluate the factors influencing their burden.

Methods. We conducted a multicenter Italian cross-sectional sub-analysis utilizing data from the MI-DEAR database. Caregiver's detailed data (demographic characteristics, comorbidities and specific work activities) and the Relatives Stress Scale (RSS) were systematically collected. The geographic location of the headache centers was also evaluated.

Results. 154 caregivers of patients with migraine (F 64%, mean age 48.1 yrs +SD12.2) were enrolled. Most caregivers reported being employed full-time (71%), 9% were employed part-time, the remaining 12% comprised non-working individuals. The most represented professional categories were clerical support workers (20% total: 11% male, 9% female), technicians and associate professionals (17% total: 12% male, 5% female), and specialized professionals (15% total: 8% male, 7% female). RSS score was not influenced by the type of work (p =0.506), and no significant difference emerged between working and non-working caregivers (p = 0.712). Caregivers' RSS scores remained consistent regardless of job-related responsibility level (High vs Low p = 0.506), significantly higher in caregivers of migraine patients attending a headache center in major metropolitan areas (p = 0.015).

Conclusions. Our findings characterize the common migraine caregiver profile as predominantly a middle-aged male employed in professional or high-responsibility administrative roles with a higher burden in those living in metropolitan areas, which could be crucial features for further psychosocial interventions.

The MIDEAR study group.