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Solving the enigma of migraine

## Migraine Diagnosis: Screening Items, Instruments and Scales

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Migraine is a common and disabling disorder. Diagnosis is based on the criteria proposed by the International Classification of Headache Disorders, 2<sup>nd</sup> edition (ICHD-2); however, <50% of patients with migraine are properly diagnosed. Under-diagnosis leads to unmet treatment needs, resulting in high levels of headache-related disability and poor quality of life (QoL).

### Confirmation of Migraine Diagnosis

Several clinics and hospitals used a structured intake form consisting of sociodemographics, relevant history, and headache profiles in accordance with ICHD-2. Visual Aura Rating Scale (VARS) was also designed to better identify visual aura. For general practitioner, ID-migraine, a three-item migraine screener regarding headache disability, nausea, and photophobia, is easier to use. However, due to different prevalence of migrainous symptoms (ie. lower photophobia in Asians), further validation might be needed.

### Evaluation of Comorbid Psychiatric Disorders

Migraine is associated with a variety of psychiatric disorders, especially anxiety and depression. In addition, certain personality traits are associated with different headache diagnosis. Minnesota Multiphasic Personality Inventory (MMPI) is used to identify personality structure and psychopathology. Besides, Hospital Anxiety and Depression scale

(HADS) is designed for screening anxiety and depression, Beck depression inventory, 2<sup>nd</sup> edition (BDI-II) is used to grade depression, corresponding to BDI-II, Beck anxiety inventory (BAI) to grade anxiety. Nine-item Patient health questionnaire (PHQ-9) serves both as a screening tool and a grading instrument for both anxiety and depression.

### Quantification of Disability and Quality of Life

Migraine Disability Assessment Questionnaire (MIDAS) was designed to evaluate disability within recent three months. Moreover, Headache Impact Test-6 (HIT-6) was used to measure 6 factors contributing to the burden of headache. Meanwhile, QoL is also a major goal in migraine treatment. Migraine Specific Quality of Life Survey (MSQ v 2.1) is used to assess QoL in migraineurs; European Quality of Life five dimensions (EQ-5D) is a self-reported health status; short-form 36 (SF-36) is a multidimensional questionnaire to assess health-related QoL.

### Conclusion

Different instruments are designed for different purposes for the diagnosis and management of migraine, thus, the selection and interpretation must be prudent.

※The authors declare there is no conflict of interest relevant to this article.