

# ***THE CORRELATION OF ANXIETY LEVEL WITH FREQUENCY AND LEVEL OF SEVERITY OF MIGRAINE***

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## **ABSTRACT**

**Background:** *Migraine is one of primary headache's types that often become a problem in this time. Migraine is a periodic headache that be marked with unilateral headache (bilateral rarely) accompanied by vomit and visual disruption. One of migraine's trigger is anxiety. Anxiety knows can increase serotonin level that consequence vasodilatation or vasoconstriction of blood vessel that can causes migraine.*

**Purpose:** *The purpose of this research is to know the correlation of anxiety level with incidence of migraine focus to frequency and level of severity of migraine.*

**Methods:** *This research uses the observational analytic research with cross sectional approach. Sample is determined by purposive random sampling and for diagnosis based on criteria of International Headache Society (IHS). Level of severity of migraine can be measured by Visual Analog Scale (VAS). The number of sample in this research contains of 74 people that consist of 13 people with mild level severity of migraine, 40 people with moderate level severity of migraine, and 21 people with severity level severity of migraine. Anxiety can be measured by using The Taylor Manifest Anxiety Scale (TMAS). Hypothesis is being tested by Spearman and Chi Square analytic.*

**Results:** *The result shows that the significant value for frequency migraine is  $p = 0,029(p < 0,05)$  with  $r = 0,254$  and for level of severity of migraine is  $p = 0,805(p > 0,05)$  with  $r = 0,029$ .*

**Conclusion:** *In conclusion there is a correlation between anxiety level and frequency of migraine but there is no correlation between anxiety levels with level of severity of migraine.*

**Keywords:** *Migraine - Anxiety - International Headache Society - Visual Analog Scale - Taylor Manifest Anxiety Scale*