

# MIGRAINE RESEARCH INSTITUTE

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## **Study shows Migraines linked to Depression in Children**

The Research Institute at Nationwide Children's Hospital in the U.S.A. has published new data that proves a link between children suffering from migraine and emotional disorders.

The study, published in the latest edition of the medical journal '*Headache*' tested child functioning with comparison to children who are not experiencing headaches or migraines. The results showed that children suffering from migraines were "demonstrating significant elevations in total behavior problems and internalizing symptoms, including somatic complaints, anxiety and depression, and aggressive behavior."

"If you tell your child "you're just making this up" your child will start internalizing self blame" explains Dr Elliot Shevel, South Africa's migraine surgery pioneer and Medical Director at The Headache Clinic.

"Internalizing self blame for a excruciating pain over which the child has no control will cause serious psychological and emotional problems for the child."

It is vital that parents do not dismiss headache complaints in children without proper investigation. There is a great deal of concern regarding the emotional wellbeing of children with migraine, as this condition often results in children being misdiagnosed with depression, without proper treatment of their headache or migraine problem.

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