Faculty of Life Sciences & Informatics
BUITEMS

PREVALENCE OF MIGRAINE AMONG UNDERGRADUATE STUDENTS OF LIFE SCIENCES AT BUITEMS:A CROSS-SECTIONAL STUDY

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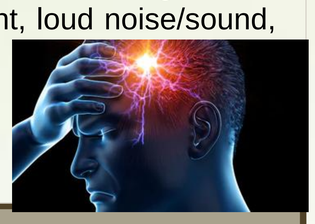
Introduction

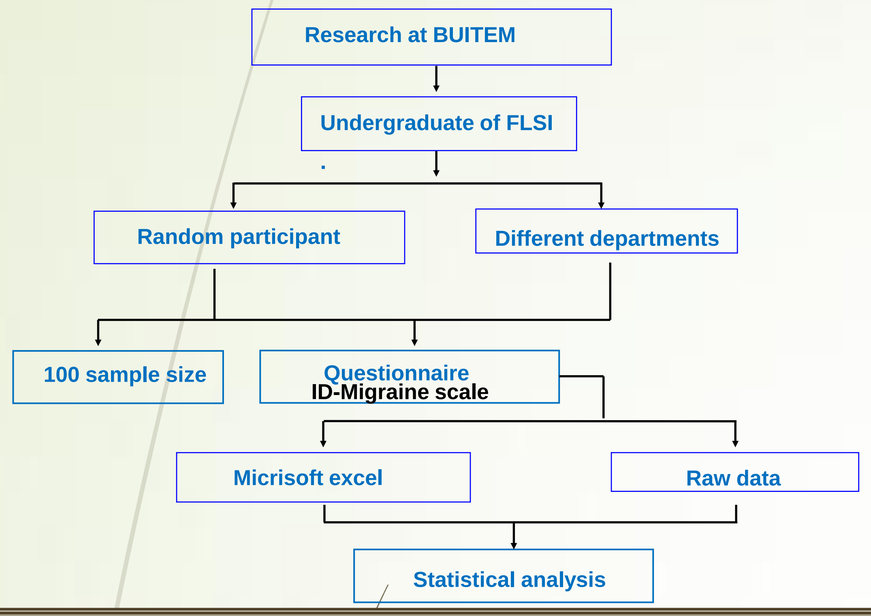
A headache that can cause severe throbbing pain or a pulsing sensation, usually on one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound [1,2].Causes of migraine includes Stress, Sleeplessness, Eating habits, Hormonal changes ,Changes in weather, Sensory stimuli (blazing light, loud noise/sound, solid scents etc) [3,4].



Significance of study

- It will help the scientific community to probe more with this issue
- This study would help in improving the current situation of migraine

Study Design



Results

Out of 100 students, 61% belonged to the department of Biotechnology, 25 % Microbiology and 14% Environmental sciences as shown in the Graph 1

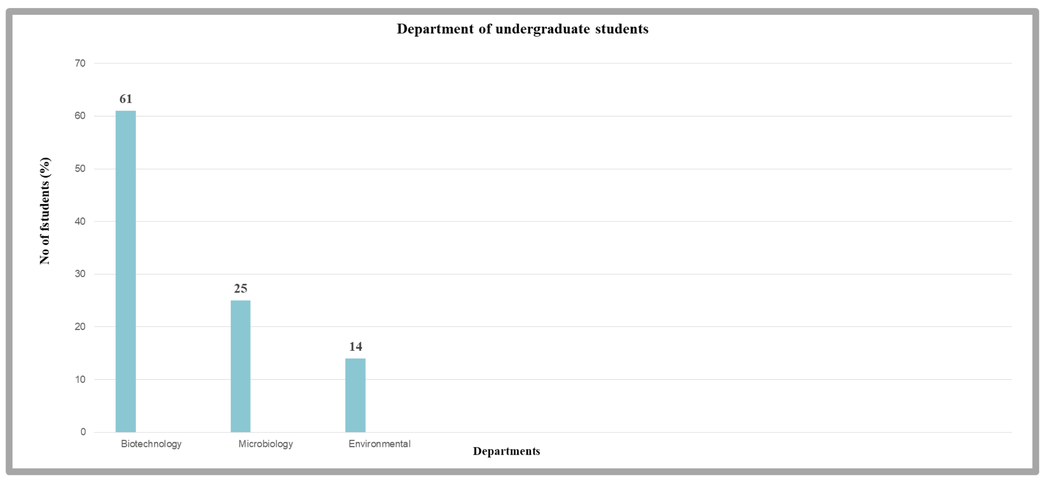


Fig.1 Department of selected students

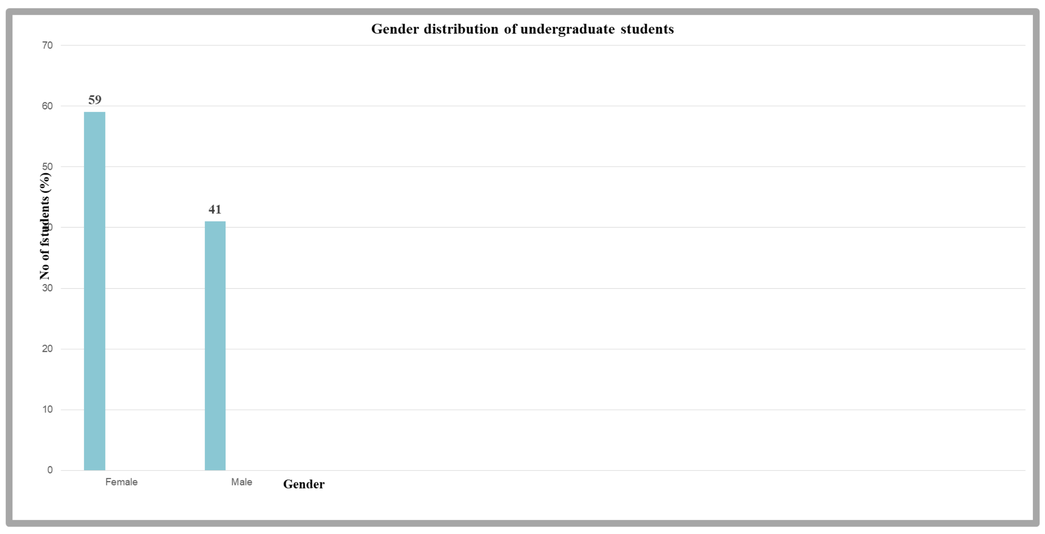


Fig.2 Gender distribution of students

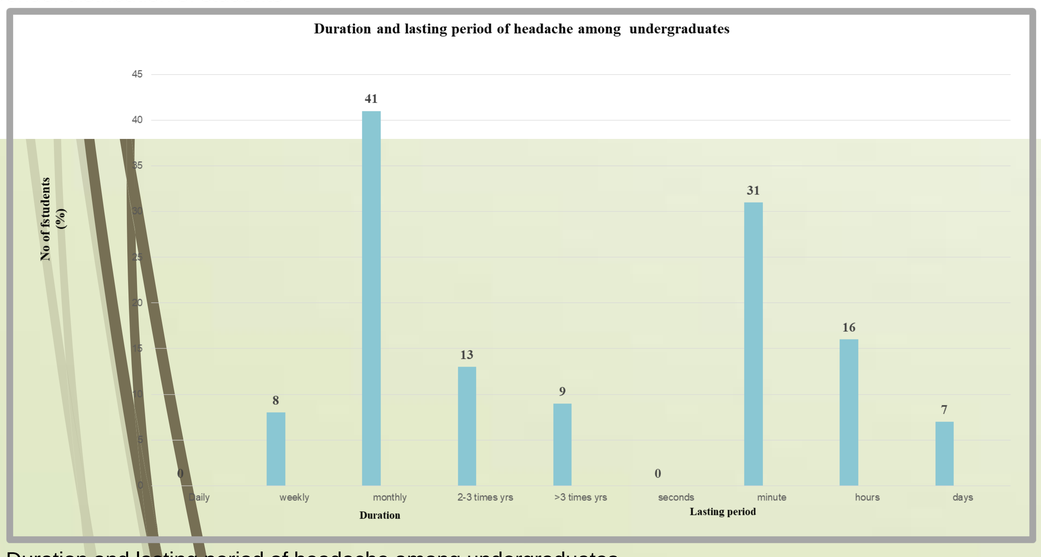


Fig .3 Duration and lasting period of headache among undergraduates

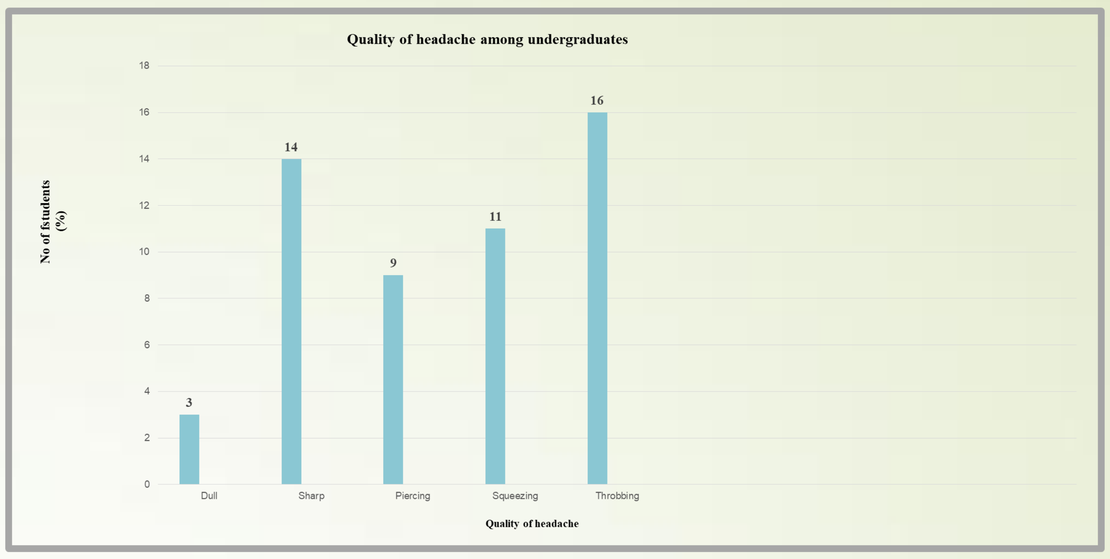


Fig.4 Quality of occurring headache among the undergraduates

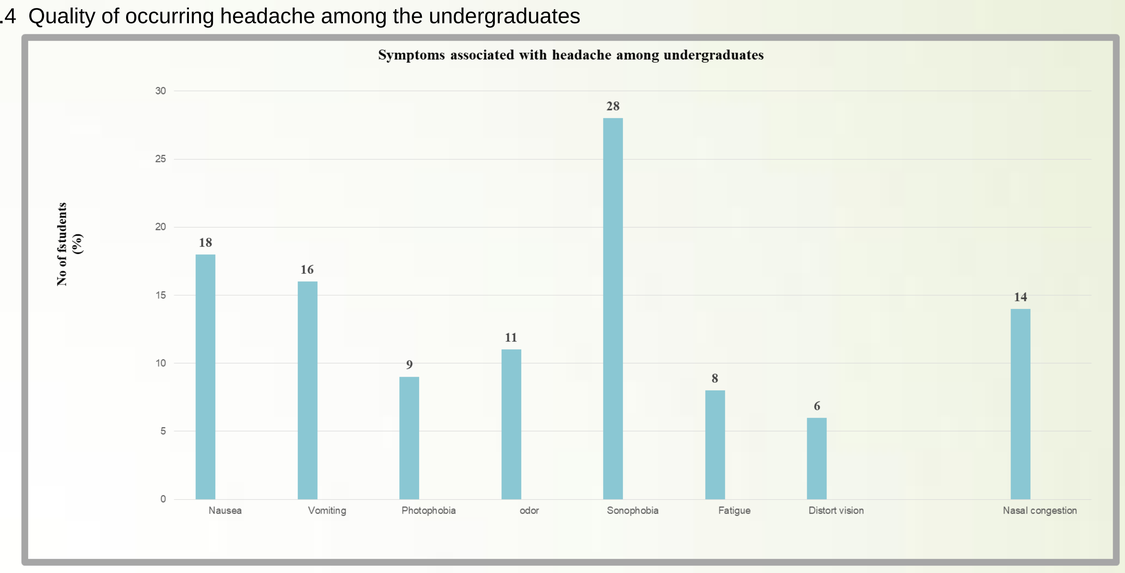


Fig. 5 Symptoms associated with headaches among undergraduates

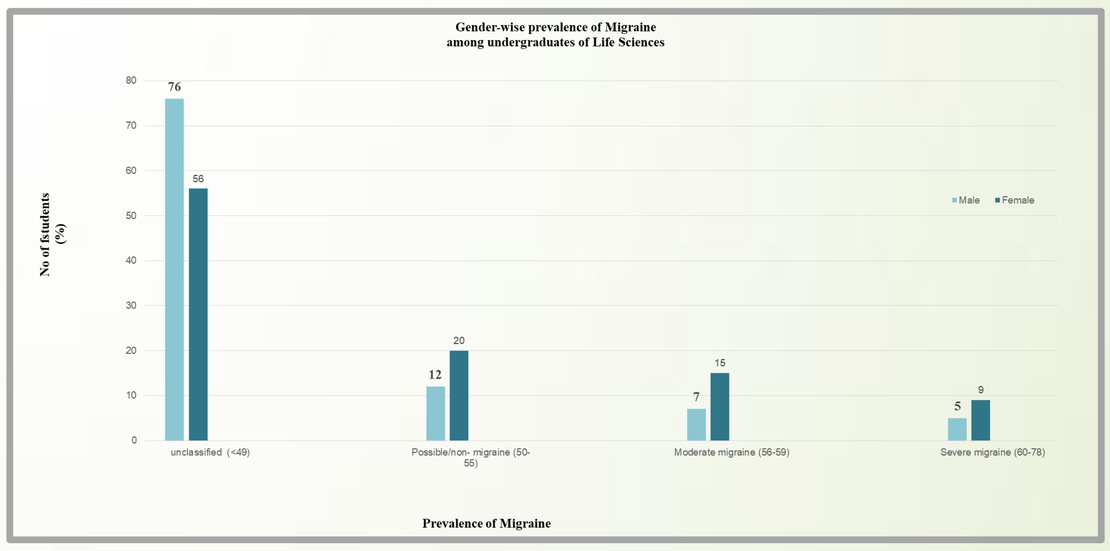


Fig.6 Gender-wise prevalence of Migraine among Life sciences undergraduates

Conclusions

Thus, migraine is an extremely prevalent and disabling neurologic disorder that manifests periodic attacks of severe head pain accompanied by associated symptoms with considerable personal and societal consequences that interference with undergraduates daily activity

Future Recommendations

- Data collection in future research upon same theoretical framework can be based on large sample size as it leads to more accuracy
- Future studies based on my research model can be tested on various universities of Pakistan with same target sector
- Investigation of genetic factors involved in causing migraine including thorough family history for better understanding of its mechanism
- Establishment of counseling setups for behavioural treatments in Migraine

References

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