

EMHA European
Migraine &
Headache
Alliance

The Migraine Movement



Migraine & Stigma Survey 2023.

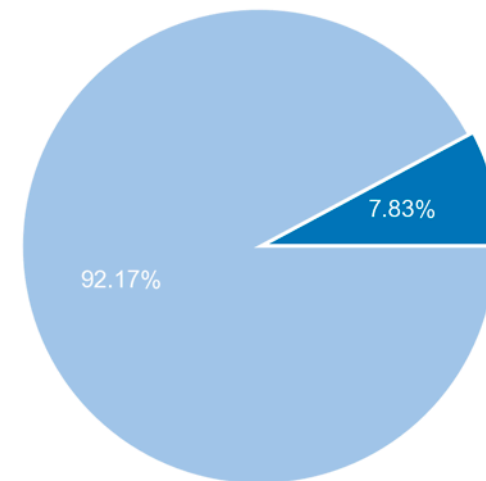
FINAL ANALYSIS
PORTUGAL

This study was conducted **using a questionnaire responded to by 345 individuals.**

The survey aimed to gather insights and opinions on various topics related to migraine and its associated stigma.

The participants provided valuable data, which has been analysed to understand the perspectives and experiences of those affected by migraine. The results presented in this report reflect the collective responses of these 345 respondents, offering a comprehensive overview of the issues addressed in the questionnaire.

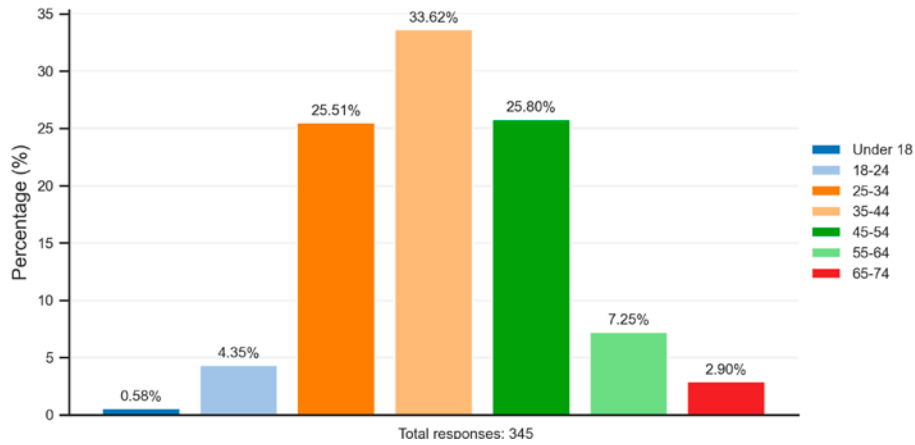
1. How would you describe your sex?



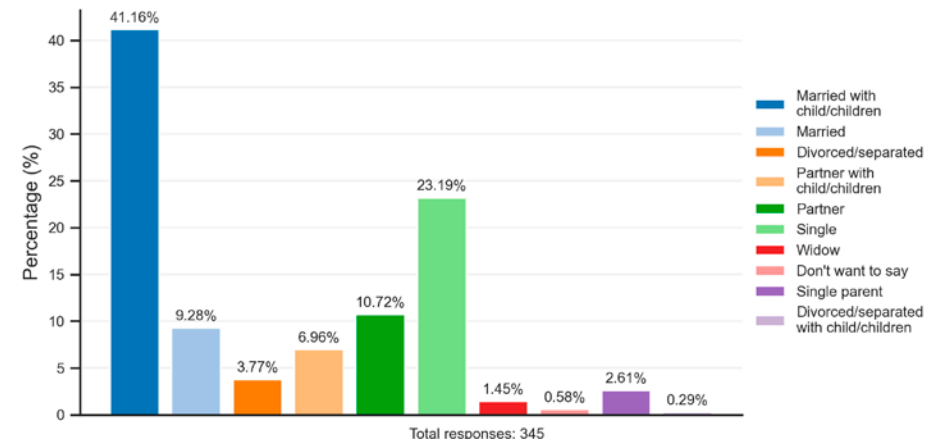
Male Female

Total responses: 345

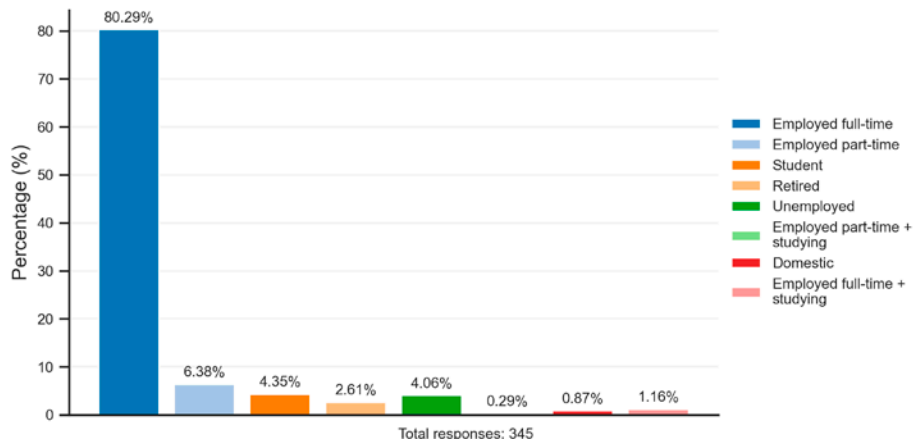
2. What is your age?



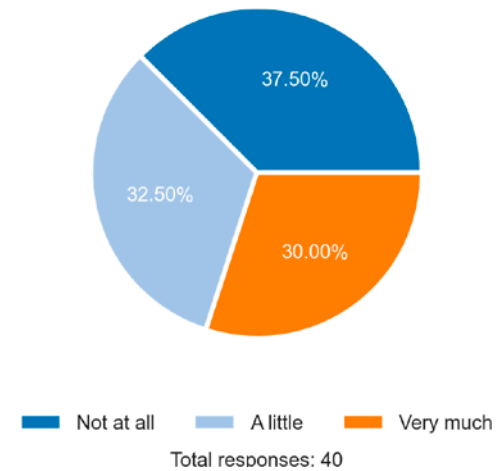
3. What is your family status?



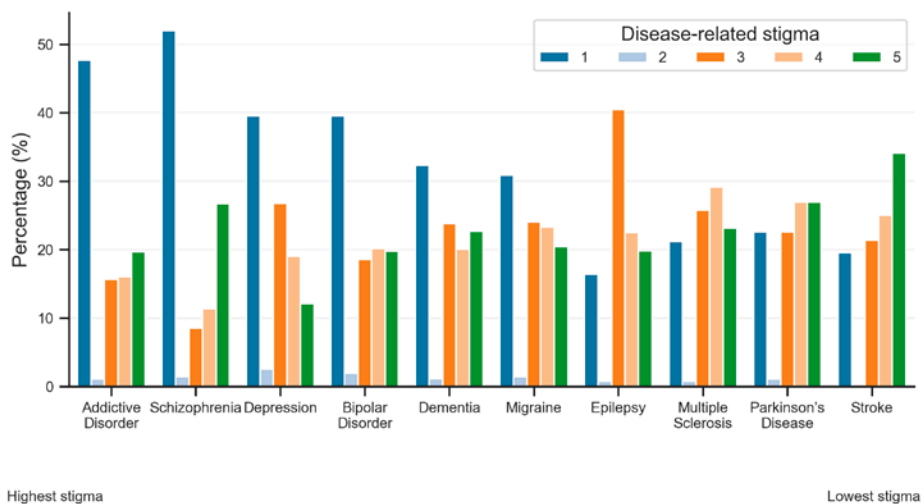
4. What is your employment status?



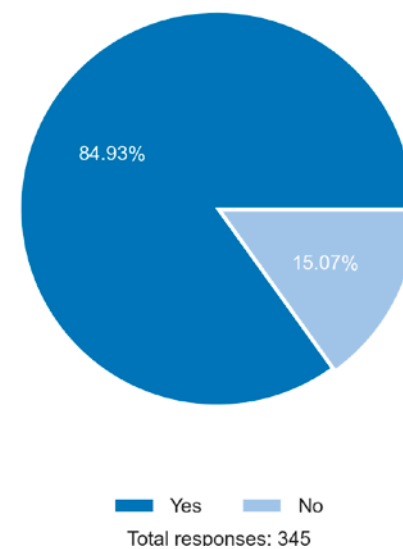
5. If you answered “Employed part-time” or “Unemployed” to the question above, do you feel your employment status has been affected by your migraine?



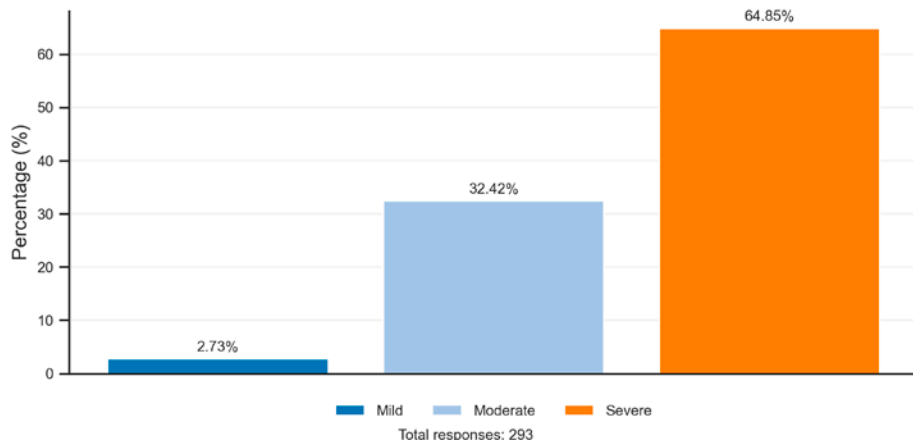
6. Which of these mental and neurological illnesses do you think has the most stigma associated with it (please rate each of the items listed below from 1 to 5, with 1 generating the most stigma and 5 causing the least stigma)?



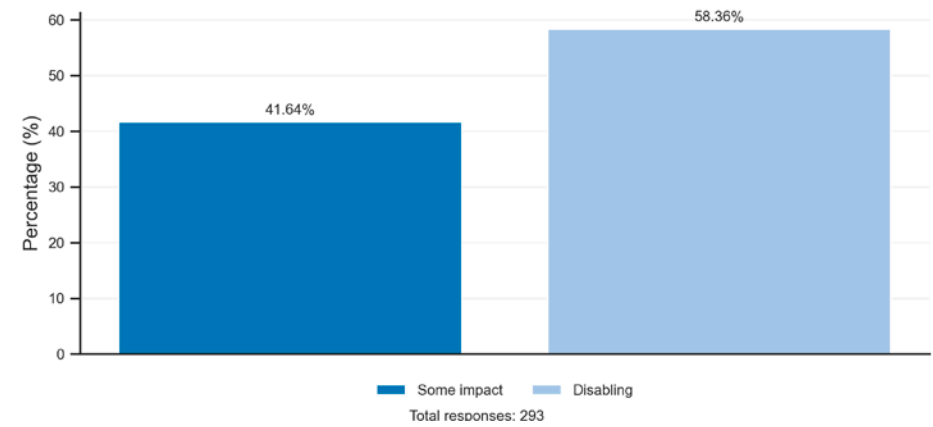
7. Do you suffer from migraine?



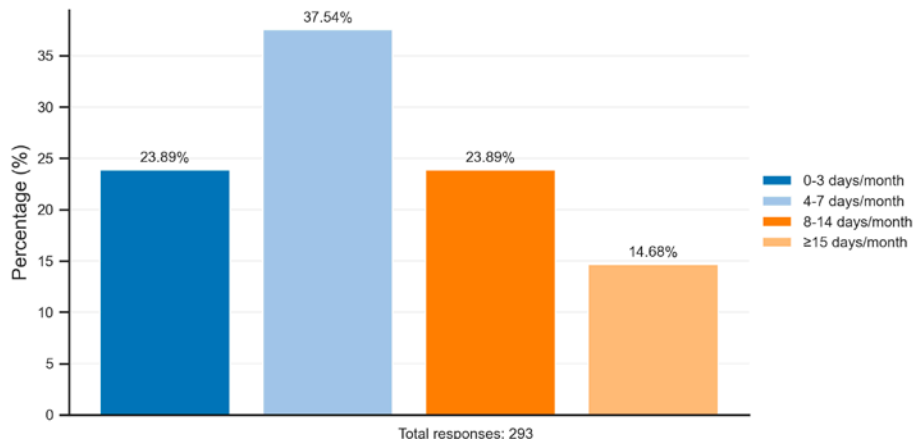
8. In terms of severity?



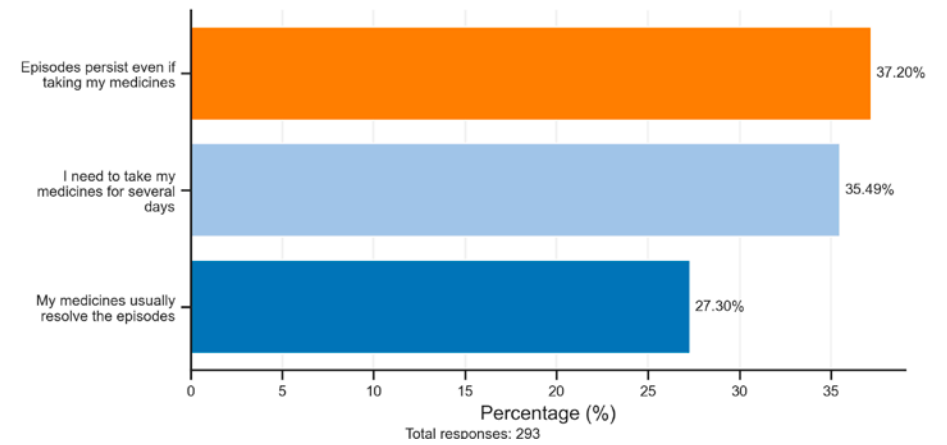
9. In terms of impact on your daily activity during an attack?



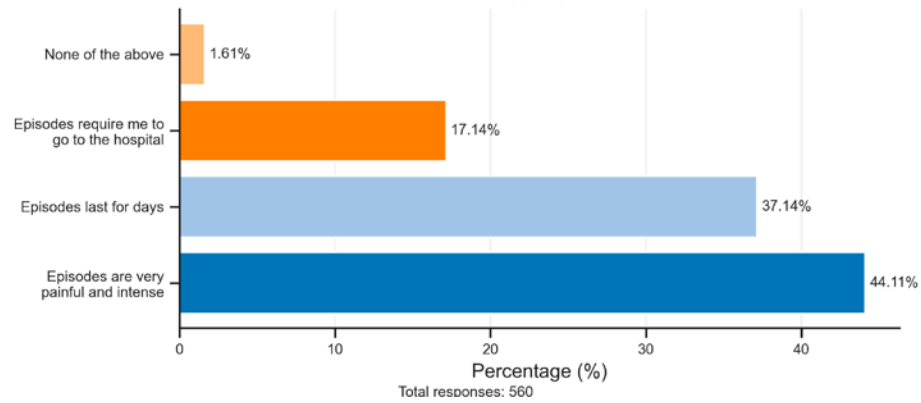
10. How many migraine days do you have per month?



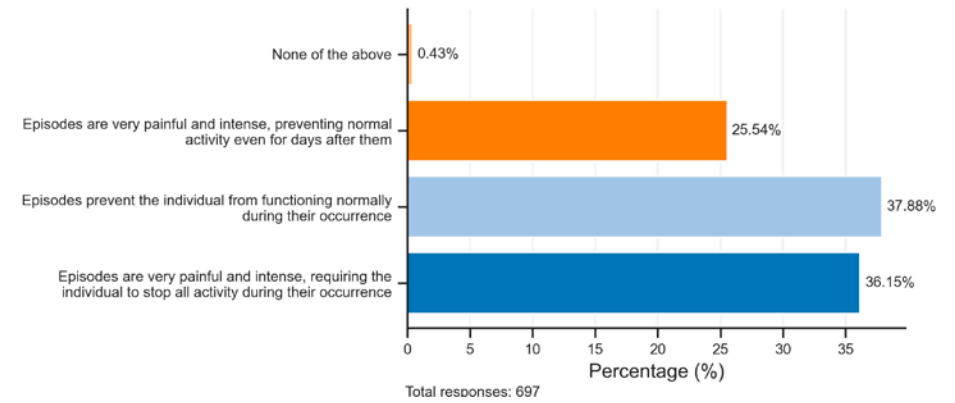
11. In terms of response to treatment with medicines?



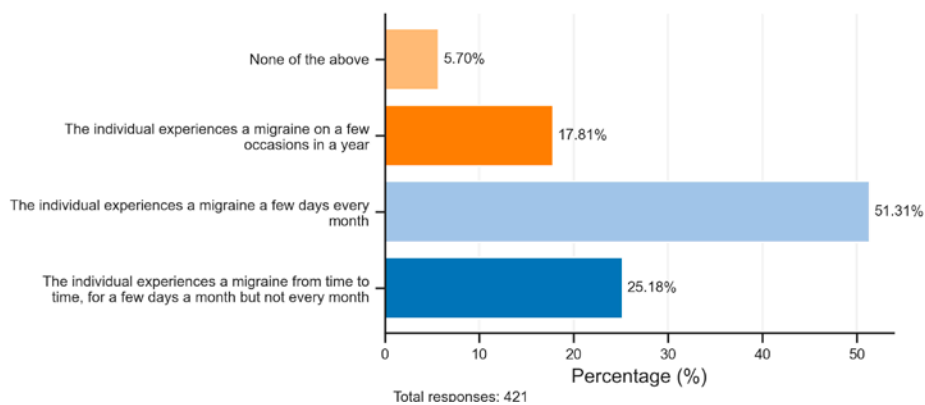
12. What is your understanding of the following terms used to describe migraine (Select all that relate) - Severe?



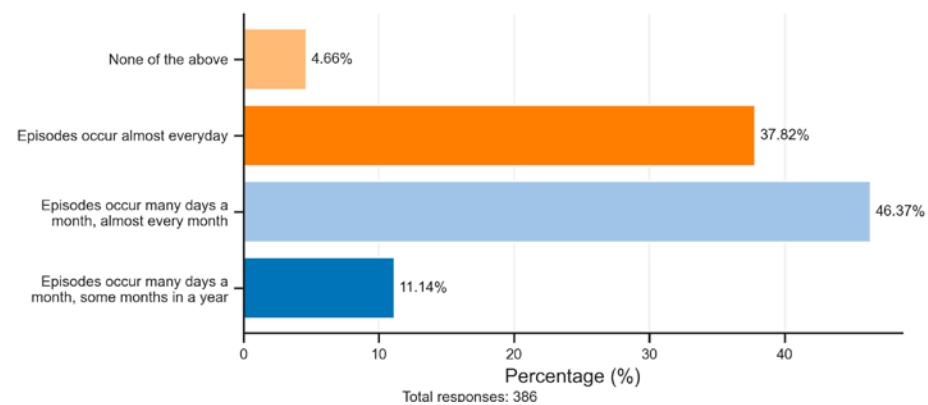
13. What is your understanding of the following terms used to describe migraine (Select all that relate) - Disabling?



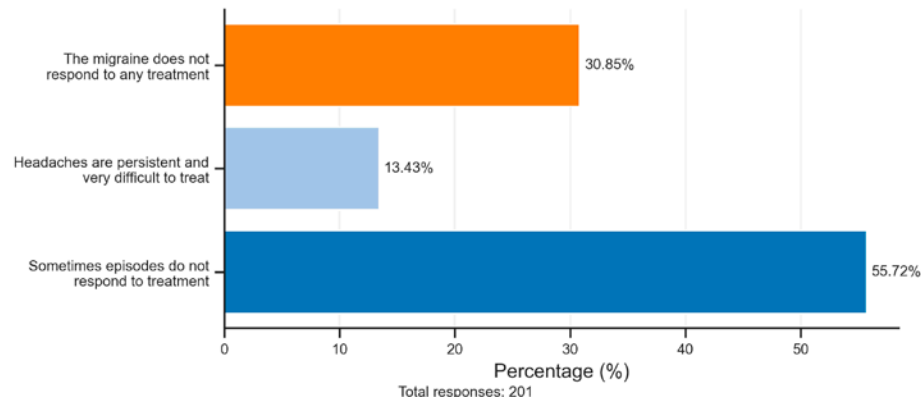
14. What is your understanding of the following terms used to describe migraine (Select all that relate) - Episodic?



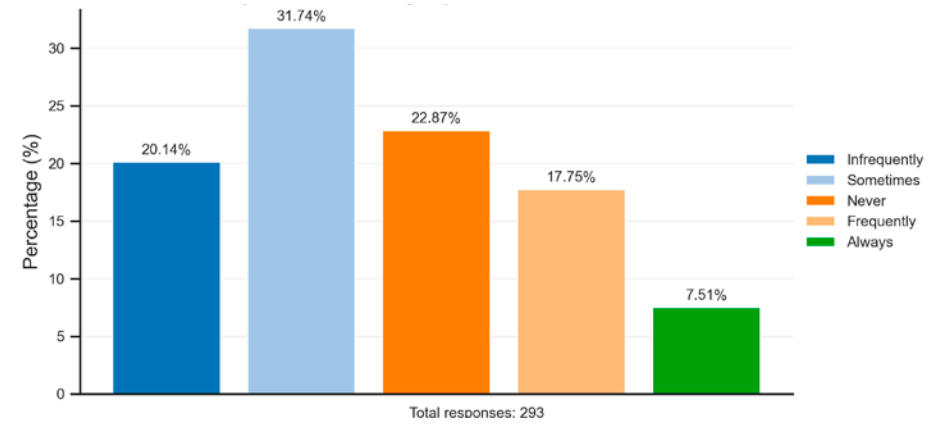
15. What is your understanding of the following terms used to describe migraine (Select all that relate) - Chronic?



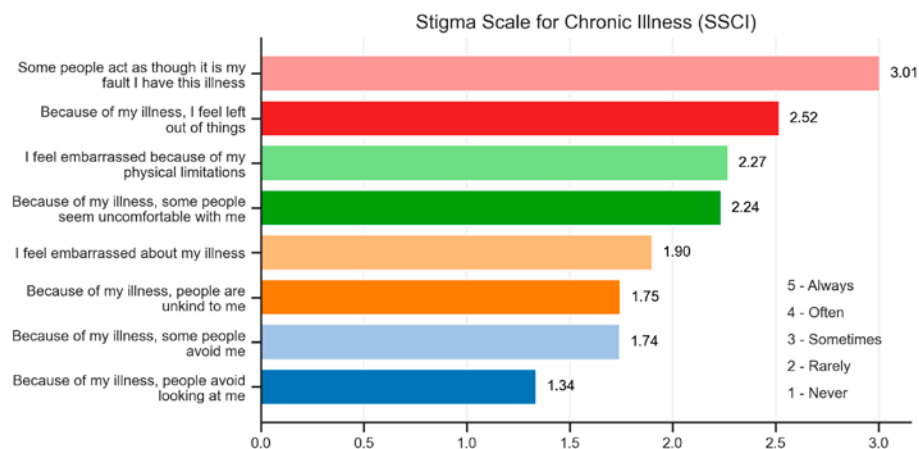
16. What is your understanding of the following terms used to describe migraine (Select all that relate) - Refractory?



17. Do you feel stigmatized when someone refers to your condition using any of the above terms?



18. SCCI 8-Items

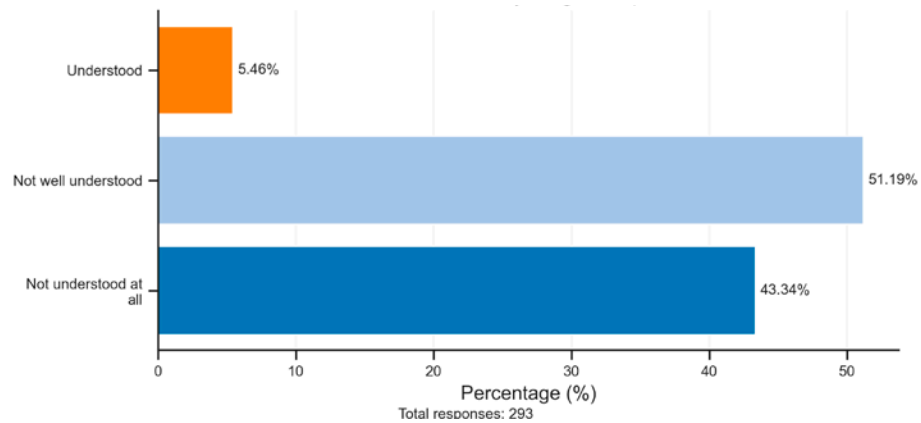


19. Are there any other terms that you perceive negatively when someone describes your migraine? (please complete)

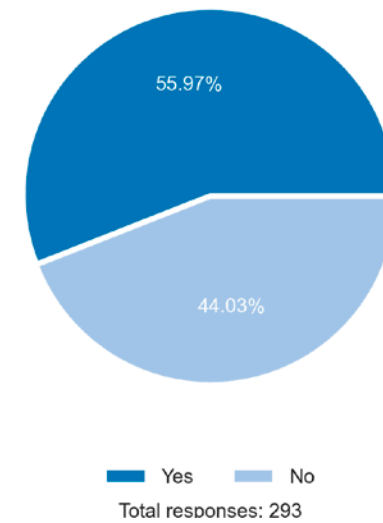
Based on the responses provided to the question, here is a summary of the most repeated ideas:

- "Considering migraine as just a headache, using terms like 'just a little headache,' suggesting simple remedies like taking paracetamol, and downplaying its severity."
- "Believing that migraine are caused by stress, psychological issues, or being busy, implying that they are within the person's control."
- "Not recognizing the intensity of the pain and the severe impact on daily life, often misinterpreting the person's condition as something common and easily manageable."
- "Comparing migraine to common headaches, downplaying their severity and complexity, and not understanding the difference between headaches and migraine."
- "Offering well-intentioned but unhelpful advice, demonstrating a lack of understanding of the chronic and neurological nature of migraine."
- "Using dismissive terms like 'annoying,' 'inconvenient,' or 'annoying,' and failing to appreciate the disabling impact of migraine."
- "Assuming that migraine are self-inflicted or the person's fault, asking 'why don't you do something about it,' or suggesting that it's due to lifestyle choices."
- "Implying that the person with migraine is always sick or complaining, using phrases like 'you always have a headache,' or questioning the validity of their condition."
- "Failing to understand the serious and disabling nature of migraine, often comparing them to less severe headaches, and not recognizing the full spectrum of symptoms and their impact."
- "Suggesting that the person is exaggerating their symptoms, not believing them, or thinking they are using migraine as an excuse to avoid responsibilities."

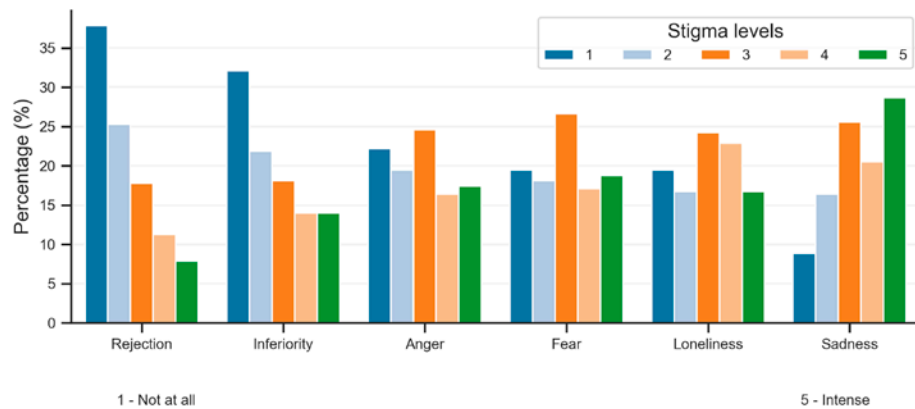
20. Do you think migraine, as a disease, is well-known and understood by the general public?



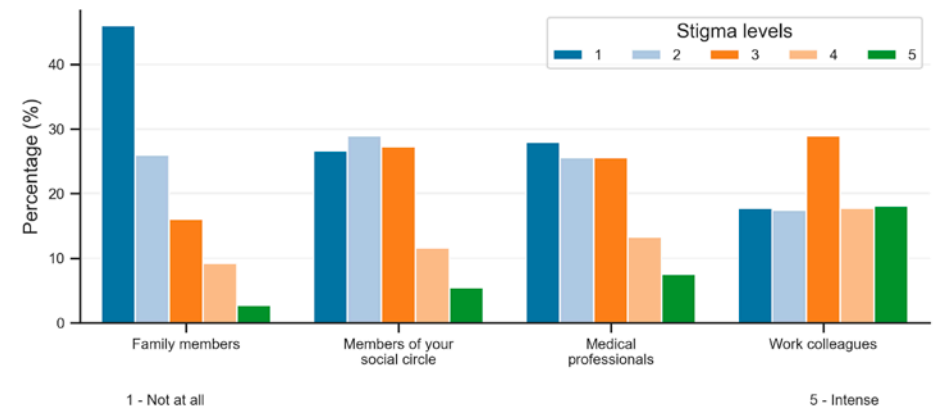
21. Do you think people with mild migraine are supportive of those with very severe ones?



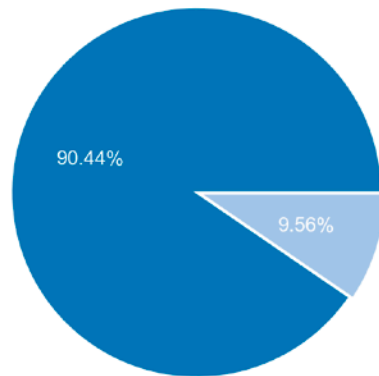
22. How intensely do you feel the following emotions when you experience the stigma related to your migraine (please rate from 1 to 5 each emotion, 1 = “not at all” and 5 = “intense”)?



23. what extent do you feel stigma with the following people in your life (please rate from 1 to 5 each emotion, 1 = “not at all” and 5 = “intense”)?

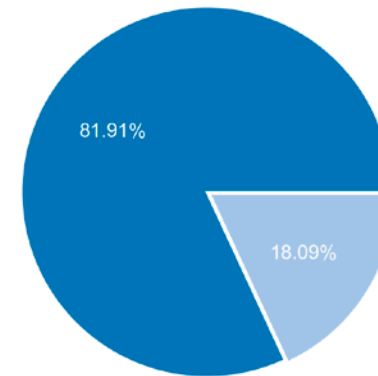


24. Do you feel comfortable discussing issues relating to your migraine attacks with your partner/family?



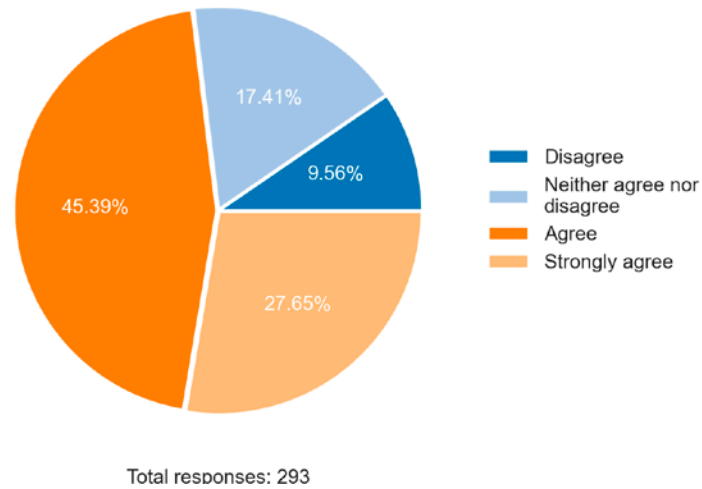
■ Yes ■ No
Total responses: 293

25. Has your migraine affected your relationships with others?

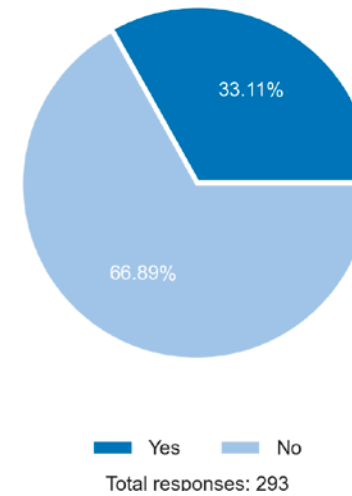


■ Yes ■ No
Total responses: 293

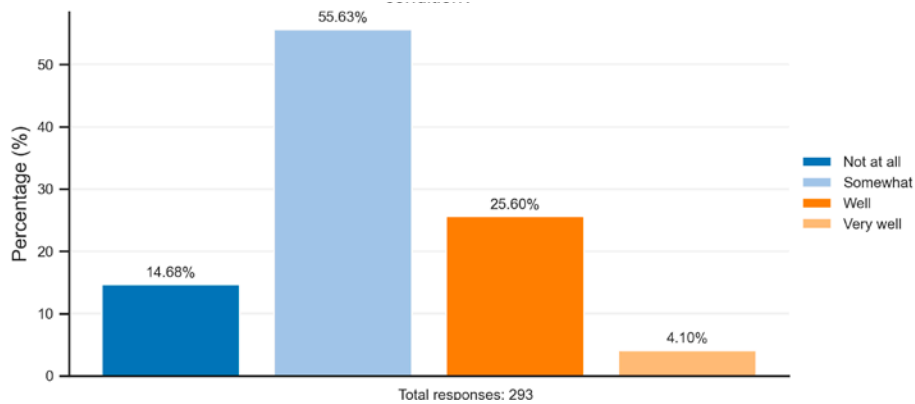
26. How much do you agree with this statement: “My family understands the consequences of my health problems, specifically my migraine”?



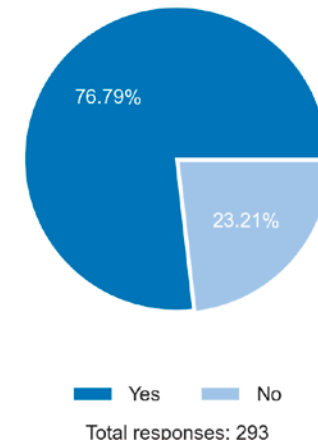
27. Have you ever delayed or avoided seeking medical advice because you felt embarrassed about your migraine?



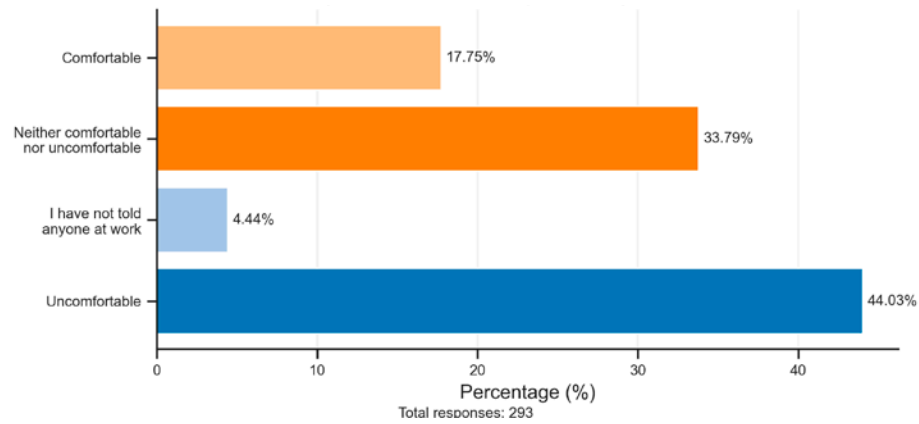
28. How well do you feel medical professionals understand what it is like to live with your condition?



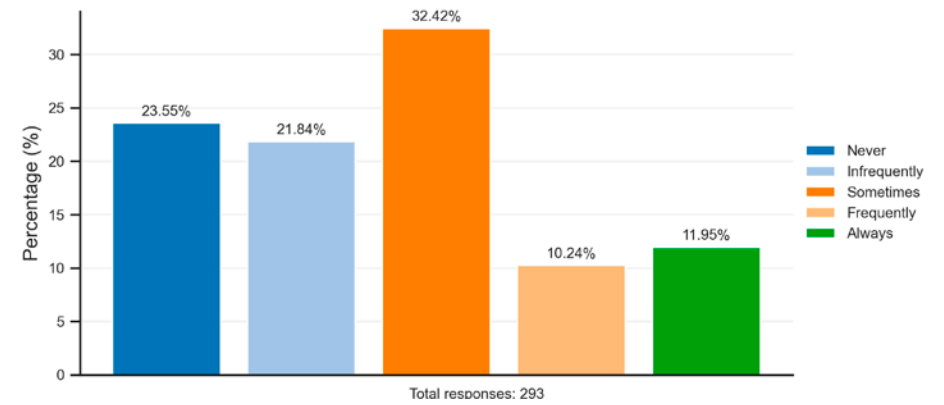
29. Have you experienced difficulties in completing necessary work tasks, or has it negatively affected your career progression, such as missed promotions or considering a change in profession due to migraine?



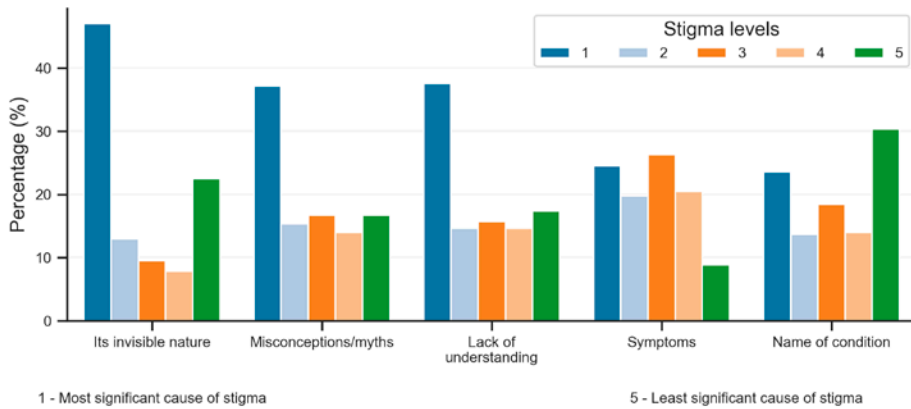
30. How comfortable do you feel disclosing your migraine to a co-worker, your manager/supervisor?



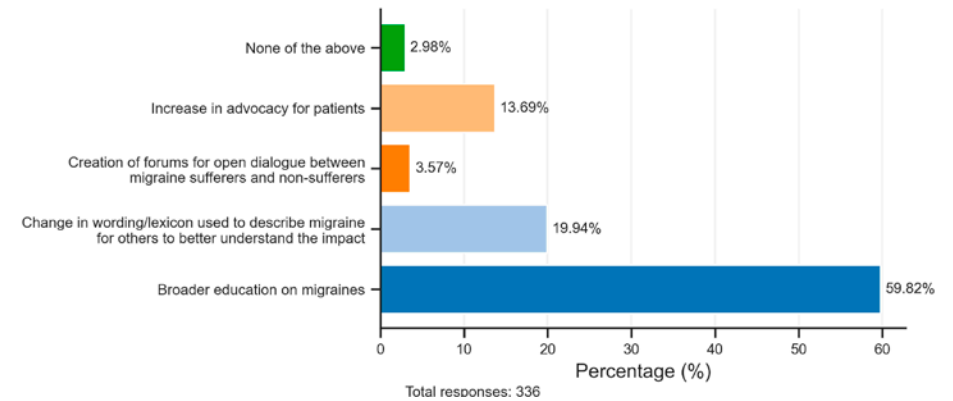
31. How do you feel your condition affects the way in which your direct manager assesses your value to the company?



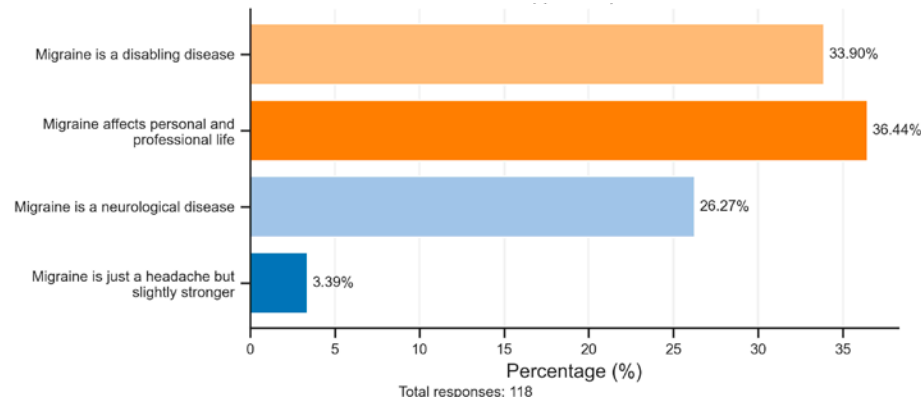
32. What do you think is the main cause of stigma towards your disease (please rate each of the aspects listed below from 1 to 5, with 1 being the most stigmatizing and 5 being the least stigmatizing)?



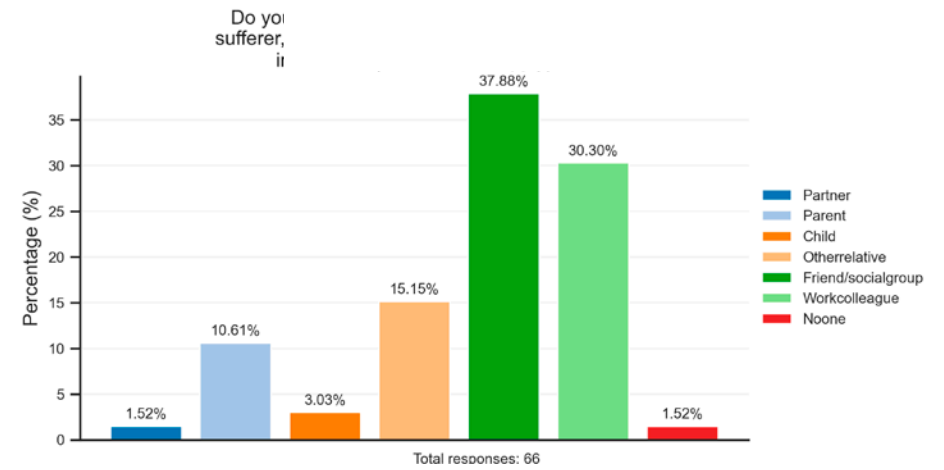
33. What steps would you take to reduce the stigma related to migraine (click more than one if applicable)?



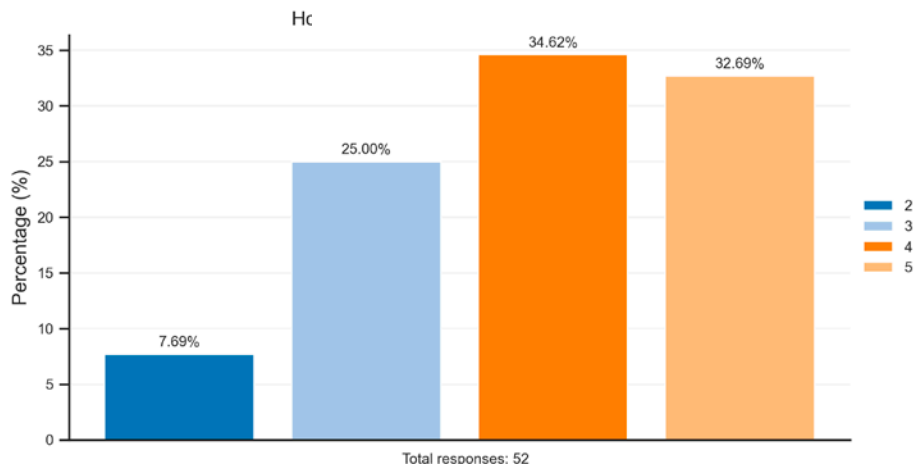
34. Among the following statements which one describes migraine the best (select more than one if applicable)?



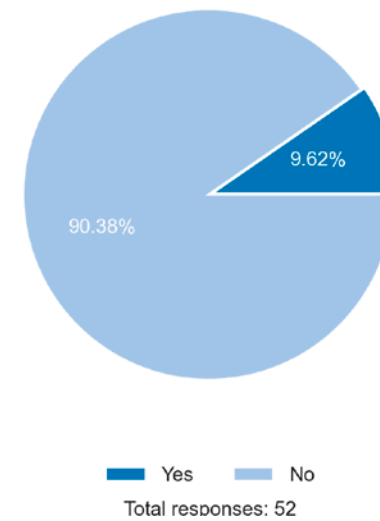
35. Do you have a relationship with a migraine sufferer, and what is your relationship with this individual? (check all that apply)



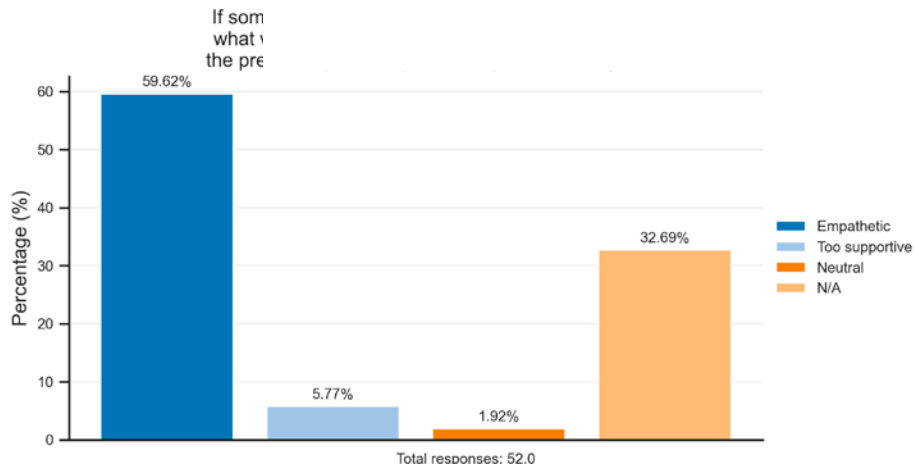
36. How well do you understand migraine?



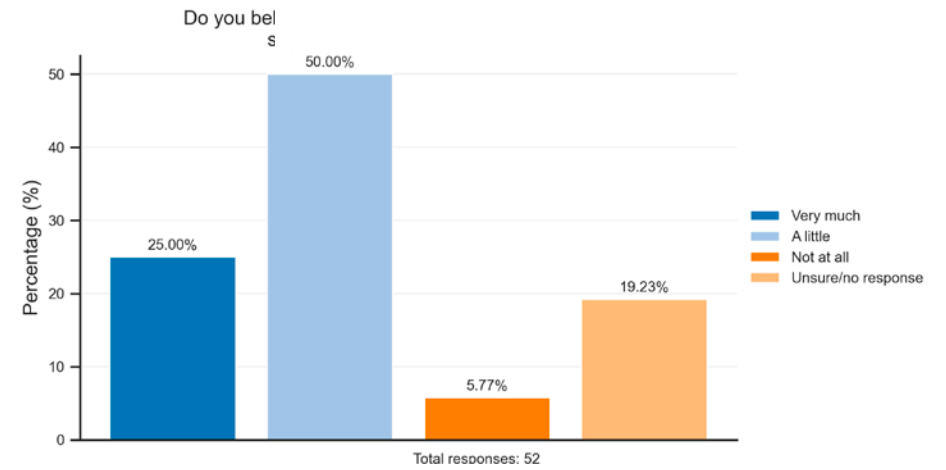
37. Do you think migraine are well-known and understood by the general public?



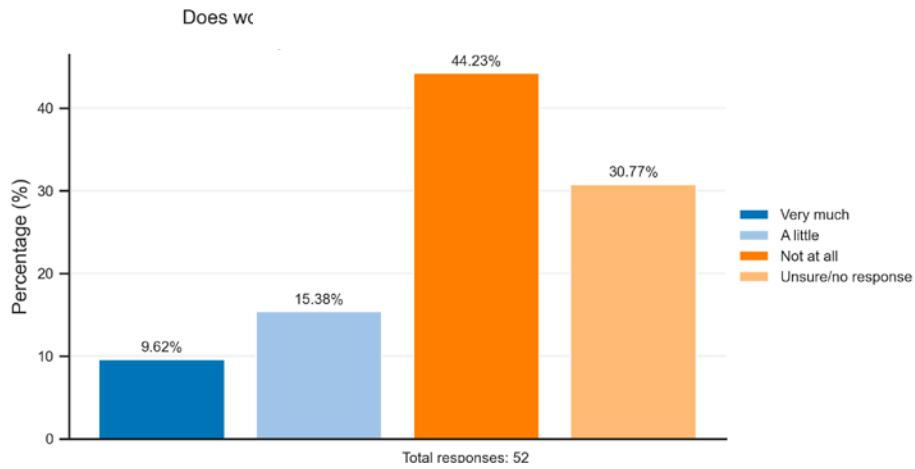
38. If someone has disclosed their migraine to you, what was your reaction (if you answered 'no' to the previous question, please respond with N/A)?



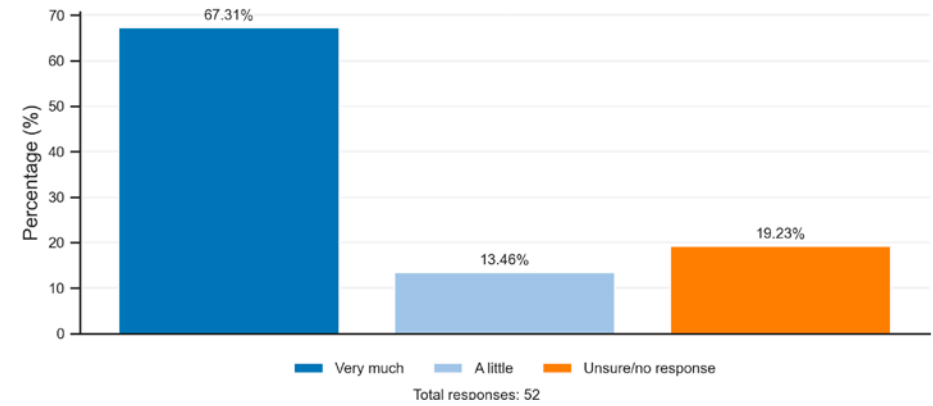
39. Do you believe those who have migraine suffer from stigma related to their condition?



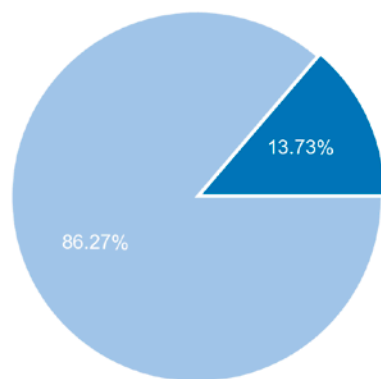
40. Does working with colleagues with migraine make your work life more difficult?



41. How supportive are you to a co-worker/manager/supervisor/reportee who currently has migraine?



42. Does working with someone who has migraine affect the way in which you assess their performance?



■ Yes ■ No

Total responses: 51