

EMHA European
Migraine &
Headache
Alliance

The Migraine Movement



Migraine & Stigma Survey 2023.

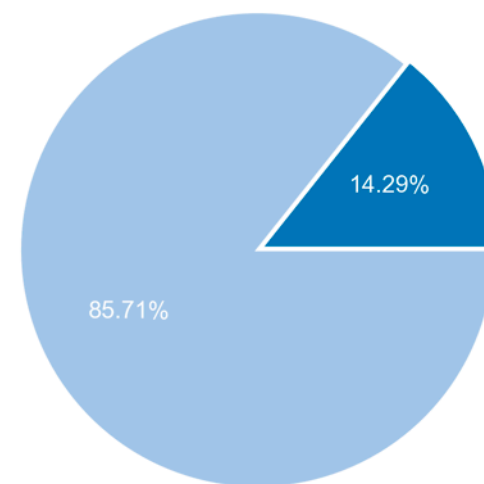
FINAL ANALYSIS
ROMANIA

This study was conducted **using a questionnaire responded to by 91 individuals.**

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

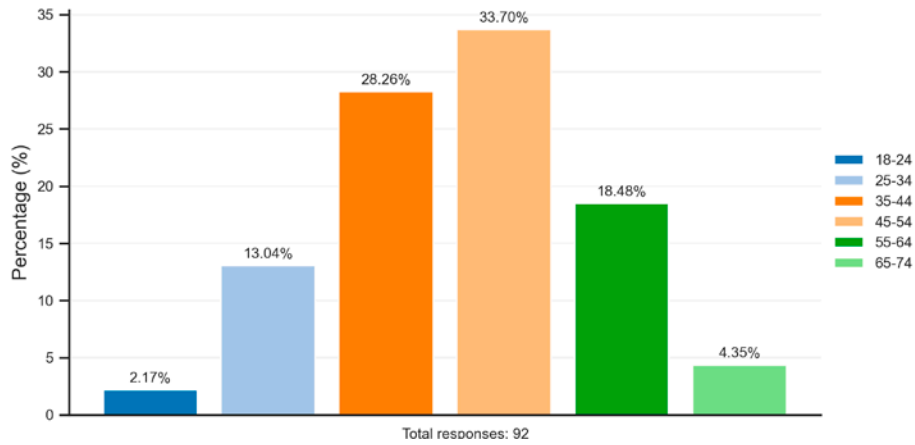
The participants provided valuable data, which has been analysed to understand the perspectives and experiences of those affected by migraine. The results presented in this report reflect the collective responses of these 91 respondents, offering a comprehensive overview of the issues addressed in the questionnaire.

1. How would you describe your sex?

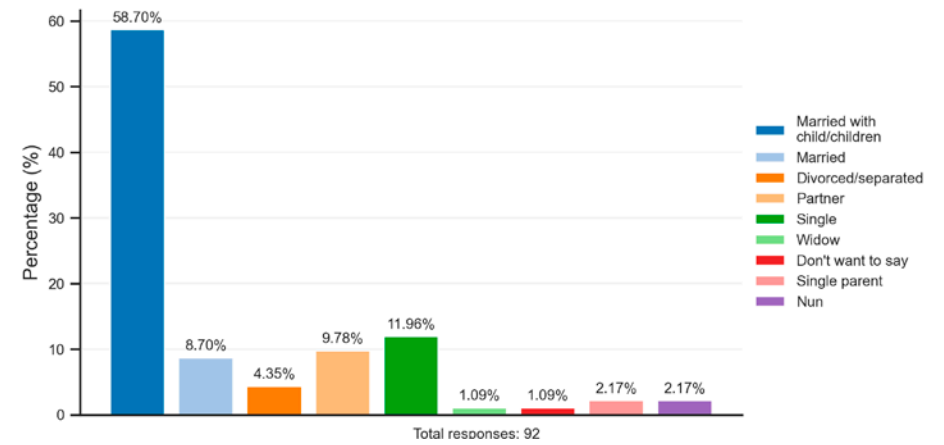


■ Male ■ Female
Total responses: 91

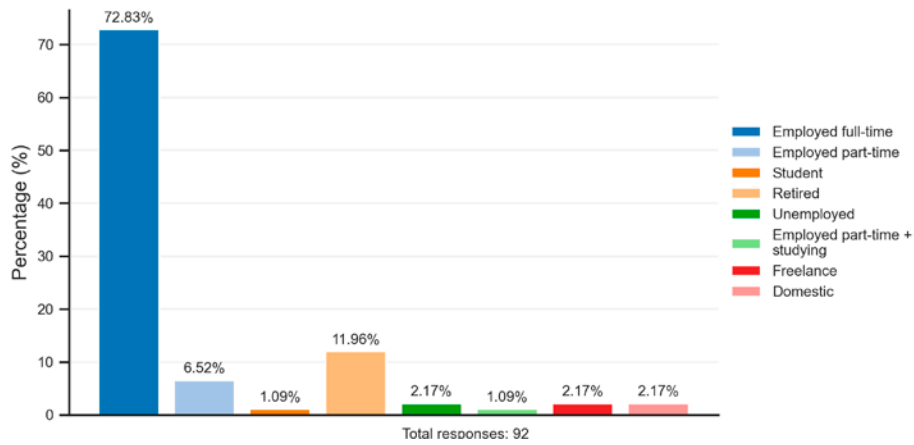
2. What is your age?



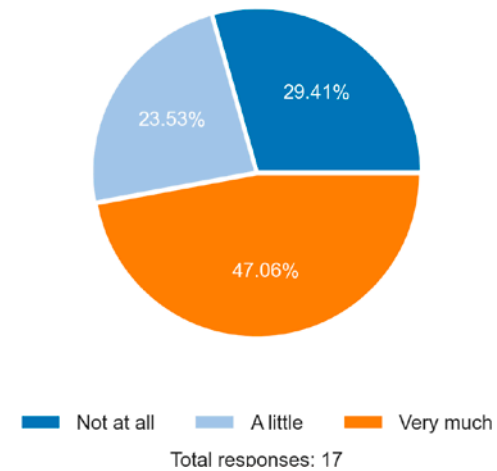
3. What is your family status?



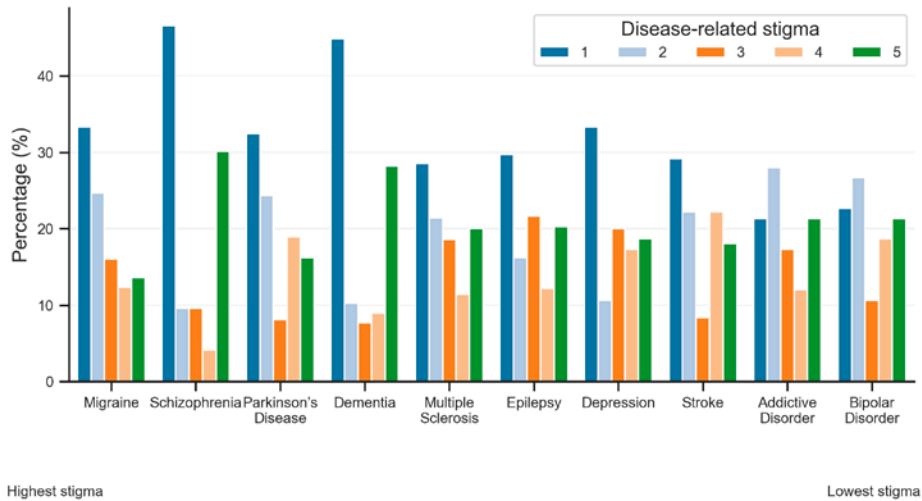
4. What is your employment status?



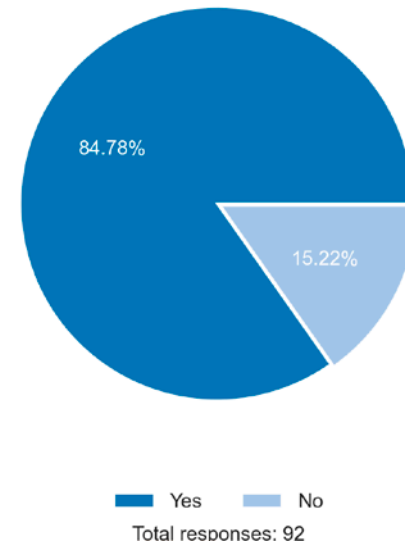
5. If you answered “Employed part-time” or “Unemployed” to the question above, do you feel your employment status has been affected by your migraine?



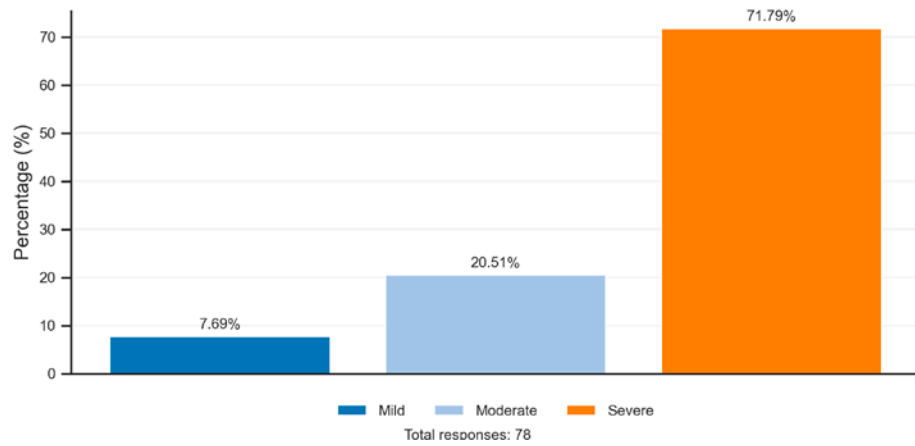
6. Which of these mental and neurological illnesses do you think has the most stigma associated with it (please rate each of the items listed below from 1 to 5, with 1 generating the most stigma and 5 causing the least stigma)?



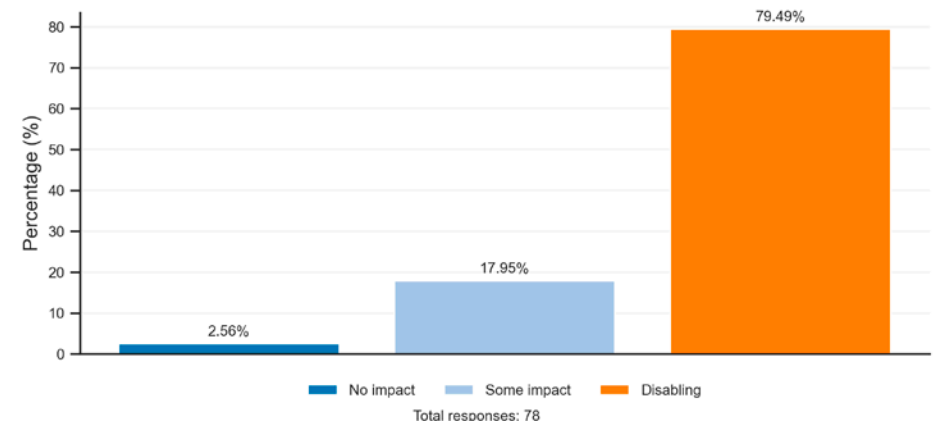
7. Do you suffer from migraine?



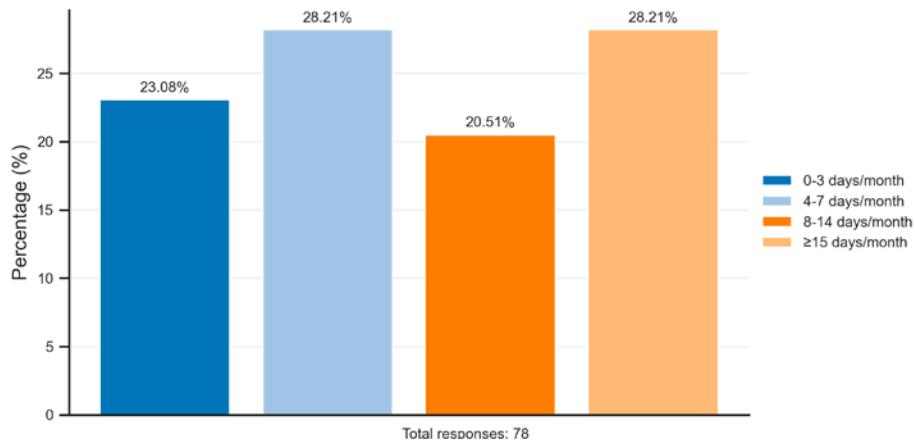
8. In terms of severity?



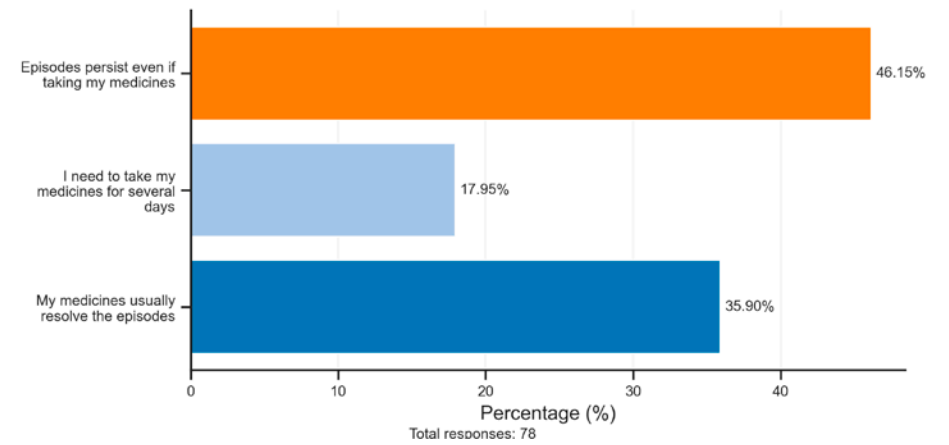
9. In terms of impact on your daily activity during an attack?



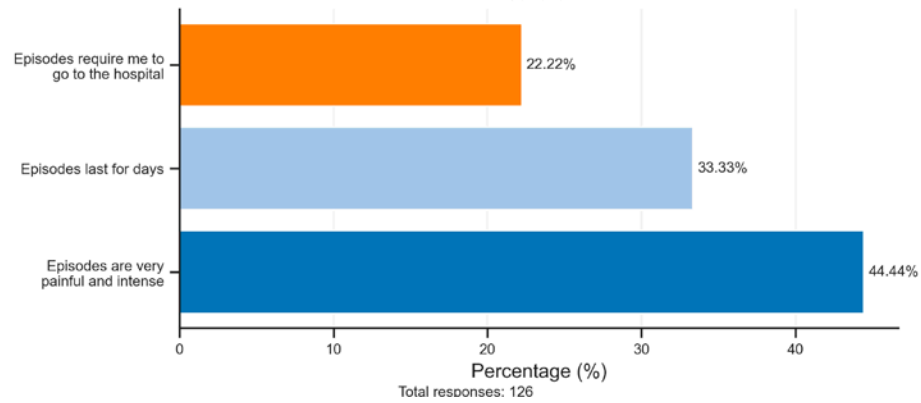
10. How many migraine days do you have per month?



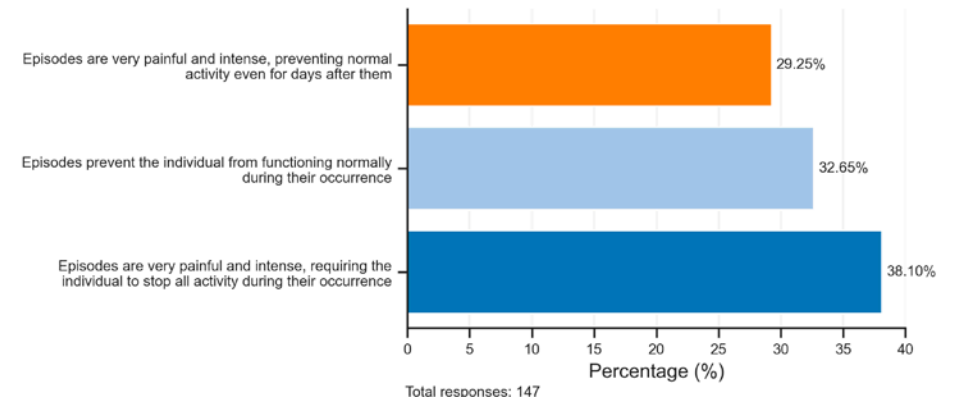
11. In terms of response to treatment with medicines?



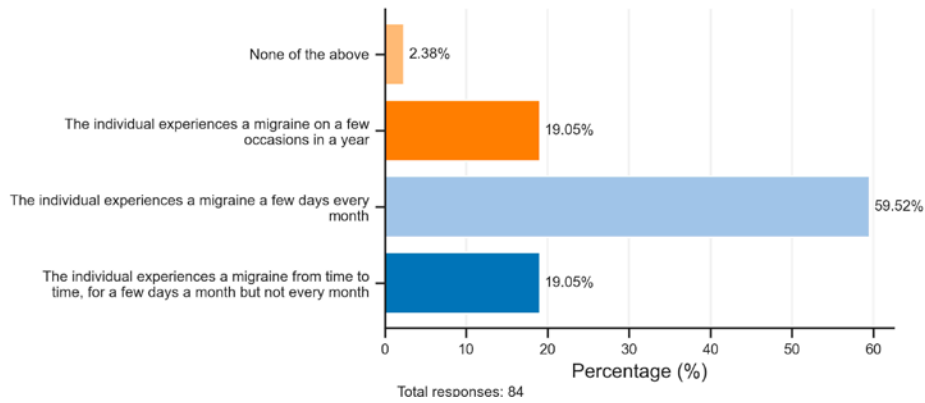
12. What is your understanding of the following terms used to describe migraine (Select all that relate) - Severe?



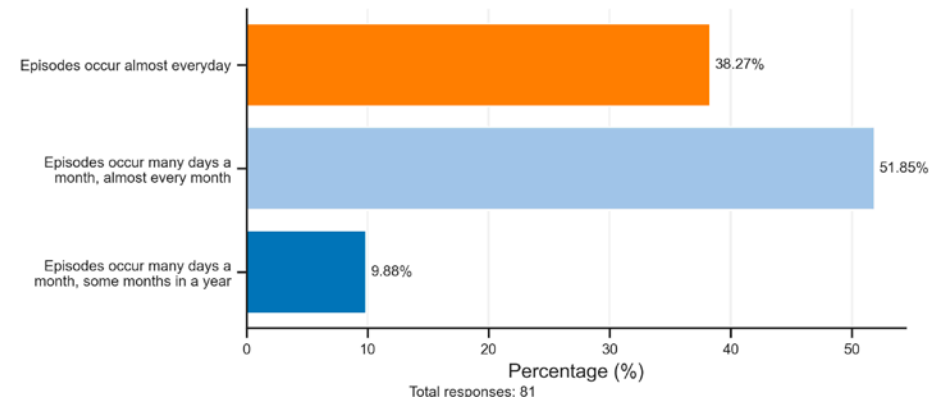
13. What is your understanding of the following terms used to describe migraine (Select all that relate) - Disabling?



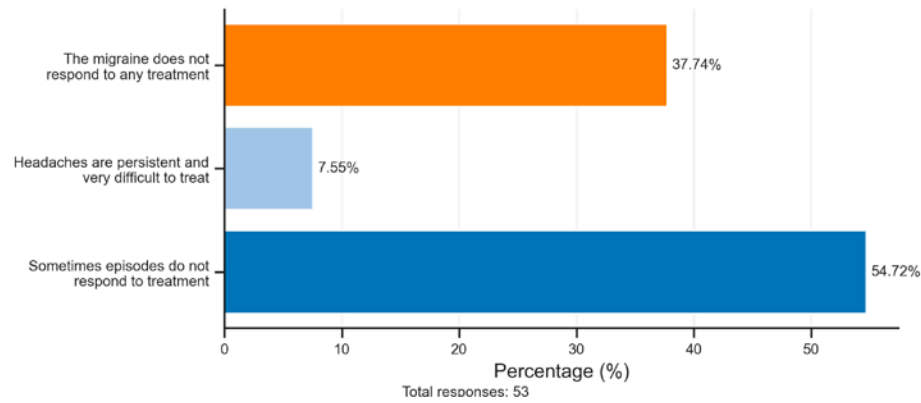
14. What is your understanding of the following terms used to describe migraine (Select all that relate) - Episodic?



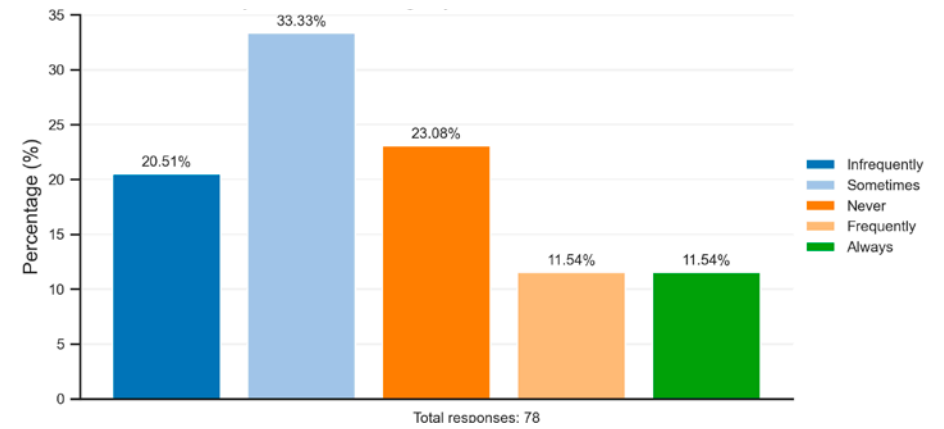
15. What is your understanding of the following terms used to describe migraine (Select all that relate) - Chronic?



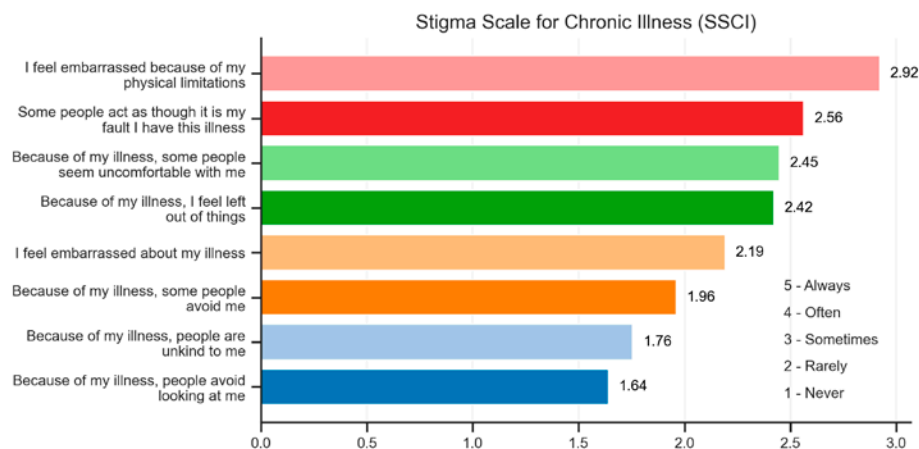
16. What is your understanding of the following terms used to describe migraine (Select all that relate) - Refractory?



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



18. SCCI 8-Items

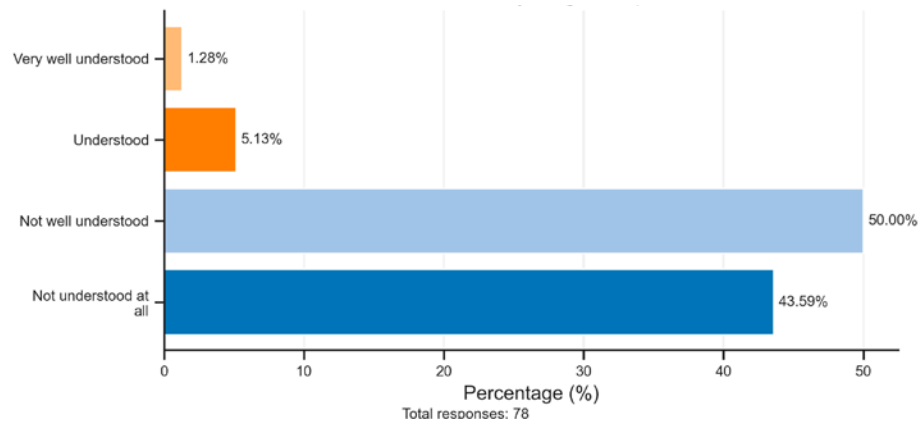


19. Are there any other terms that you perceive negatively when someone describes your migraine? (please complete)

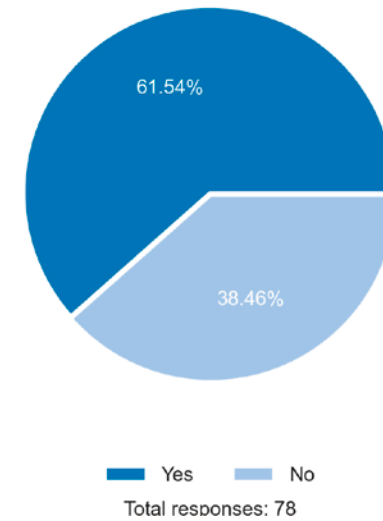
Based on the responses provided to the question, here is a summary of the most repeated ideas:

- "Describing migraine as just a headache, saying 'it's just a headache,' 'take a pill and it will go away,' or implying that it is not as severe as described."
- "Believing that migraine are caused by stress, implying that it is something controllable or the person's fault."
- "Not understanding the intensity of the pain and the severe impact on daily life, often misinterpreting the person's condition as something common and easily manageable."
- "Suggesting that the person is exaggerating their symptoms, using terms like 'you're exaggerating,' 'you're a hypochondriac,' or 'you pretend.'"
- "Assuming that migraine are self-inflicted or the person's fault, suggesting lifestyle changes or blaming lack of sexual activity."
- "Implying that the person with migraine is always sick or complaining, using phrases like 'you always have a headache,' 'you are incapable,' 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."
- "Offering unhelpful advice, demonstrating a lack of understanding of the chronic and neurological nature of migraine."
- "Using dismissive terms like 'annoying,' 'disturbing,' or 'pretended,' and failing to appreciate the disabling impact of migraine."
- "Lack of empathy, with comments implying that migraine are not a real illness or that the person is seeking attention."

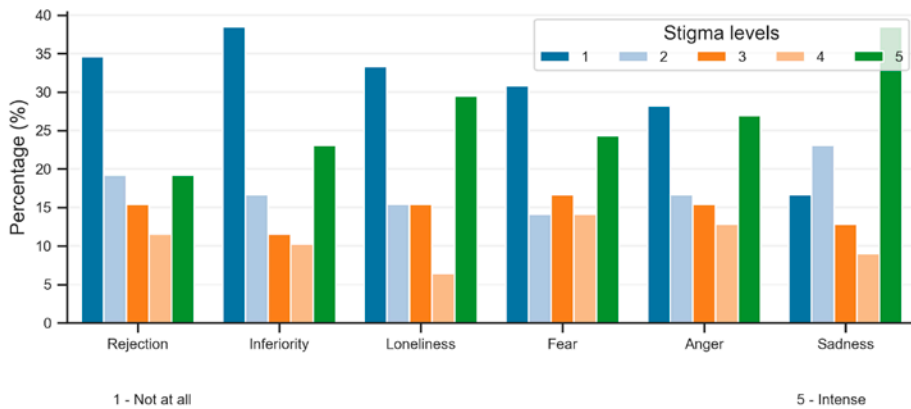
20. Do you think migraine, as a disease, is well-known and understood by the general public?



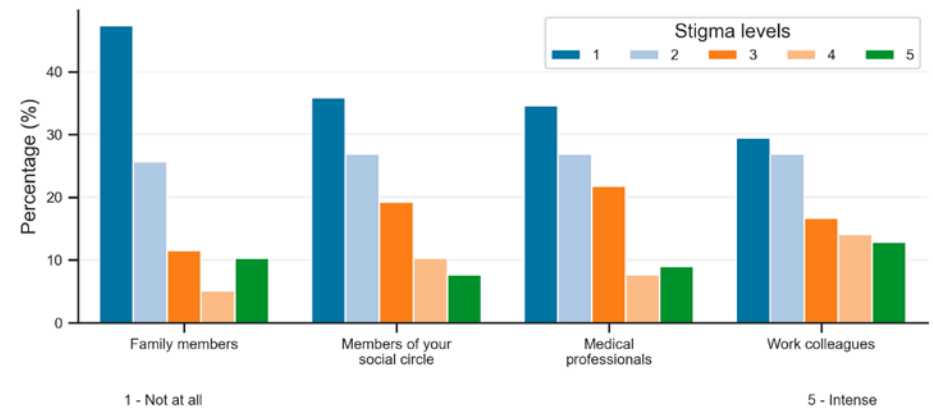
21. Do you think people with mild migraine are supportive of those with very severe ones?



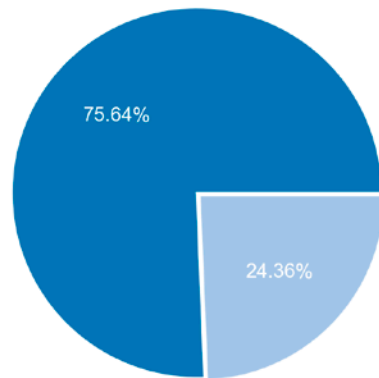
22. How intensely do you feel the following emotions when you experience the stigma related to your migraine (please rate from 1 to 5 each emotion, 1 = “not at all” and 5 = “intense”)?



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”)?

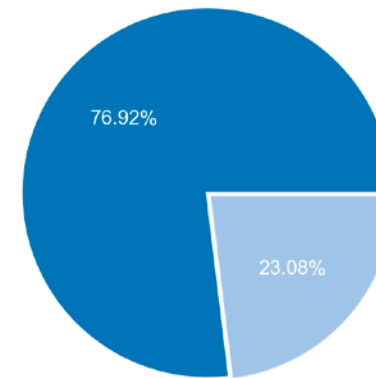


24. Do you feel comfortable discussing issues relating to your migraine attacks with your partner/family?



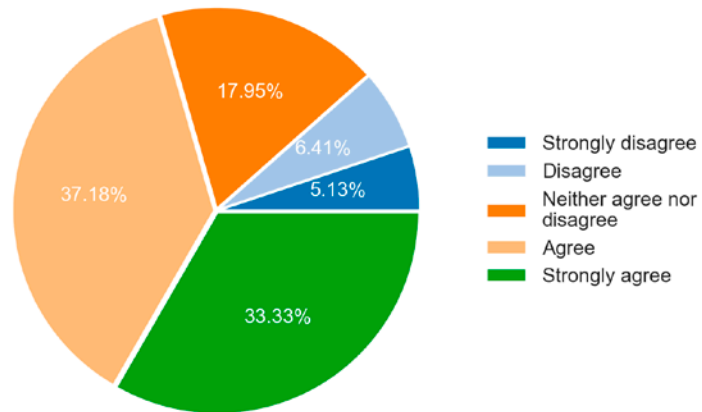
■ Yes ■ No
Total responses: 78

25. Has your migraine affected your relationships with others?



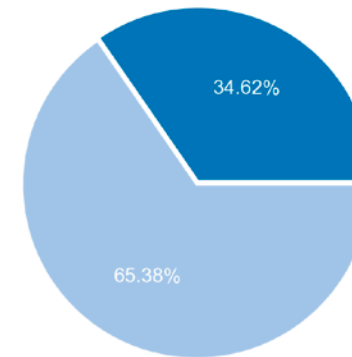
■ Yes ■ No
Total responses: 78

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



Total responses: 78

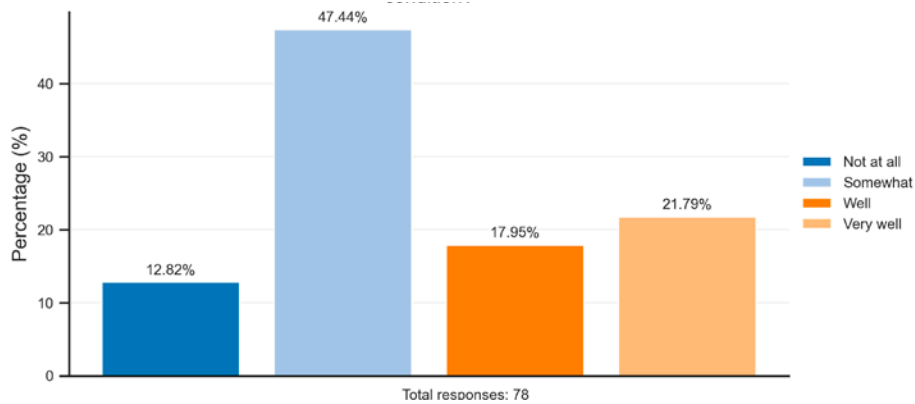
27. Have you ever delayed or avoided seeking medical advice because you felt embarrassed about your migraine?



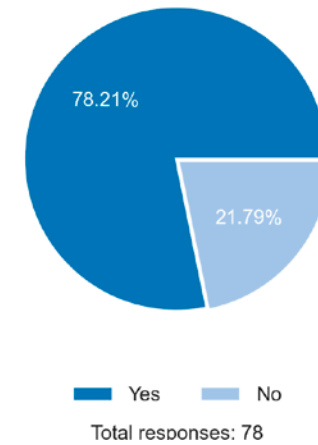
Yes No

Total responses: 78

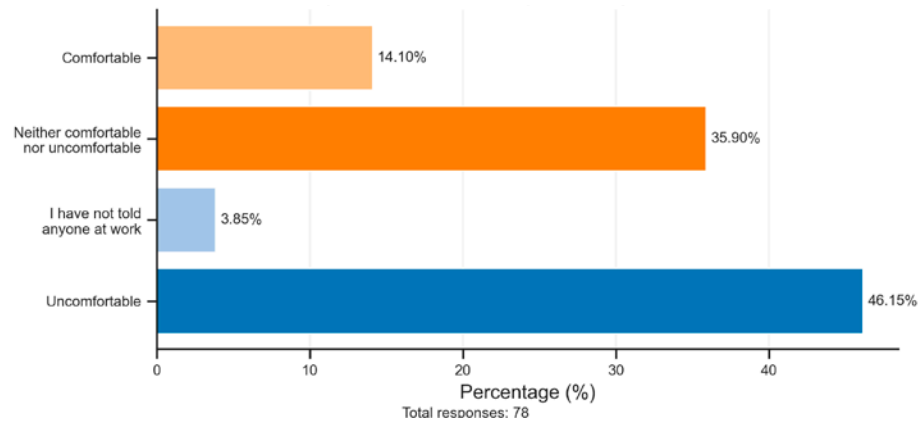
28. How well do you feel medical professionals understand what it is like to live with your condition?



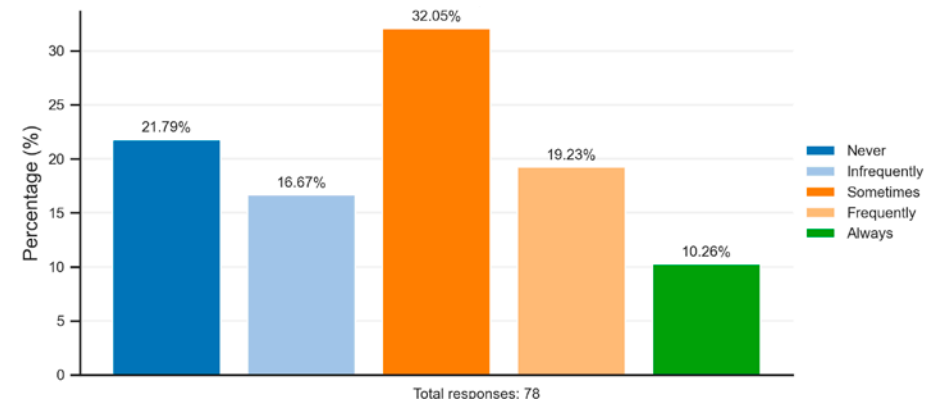
29. Have you experienced difficulties in completing necessary work tasks, or has it negatively affected your career progression, such as missed promotions or considering a change in profession due to migraine?



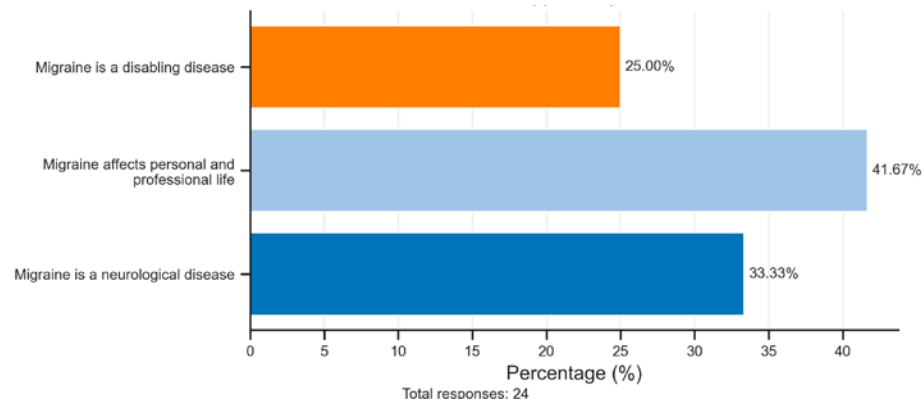
30. How comfortable do you feel disclosing your migraine to a co-worker, your manager/supervisor?



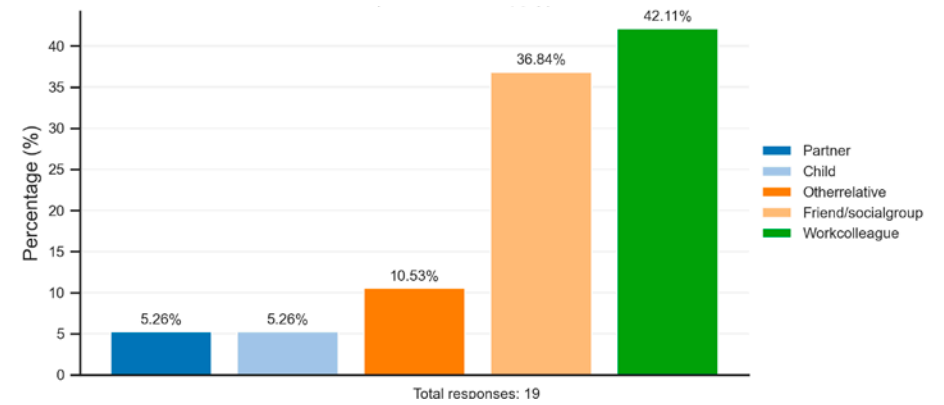
31. How do you feel your condition affects the way in which your direct manager assesses your value to the company?



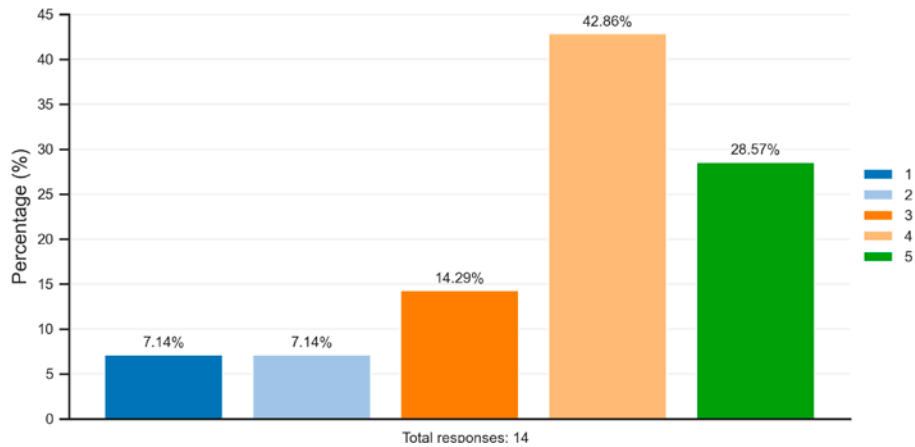
34. Among the following statements which one describes migraine the best (select more than one if applicable)?



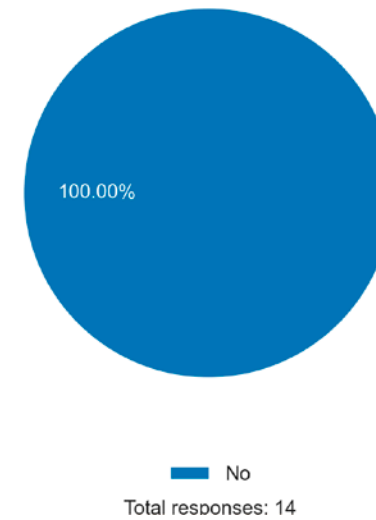
35. Do you have a relationship with a migraine sufferer, and what is your relationship with this individual? (check all that apply)



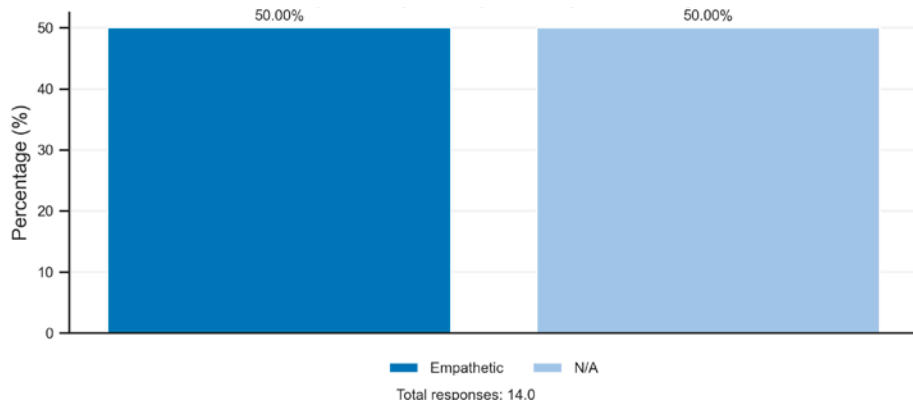
36. How well do you understand migraine?



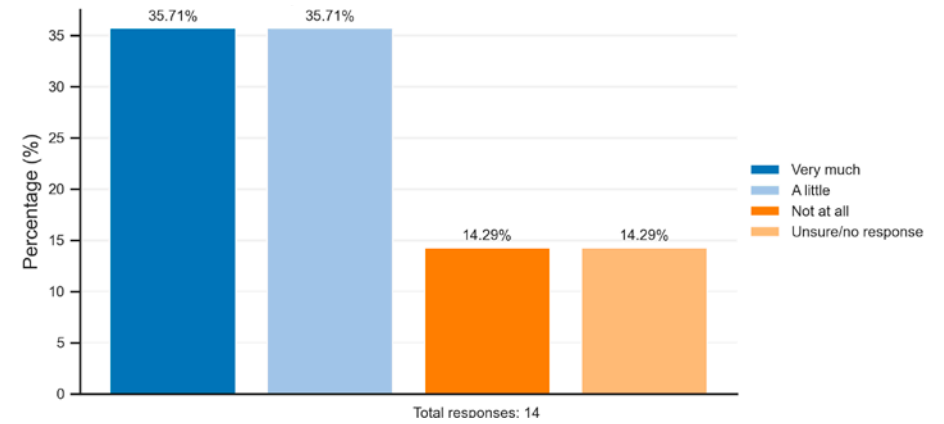
37. Do you think migraine are well-known and understood by the general public?



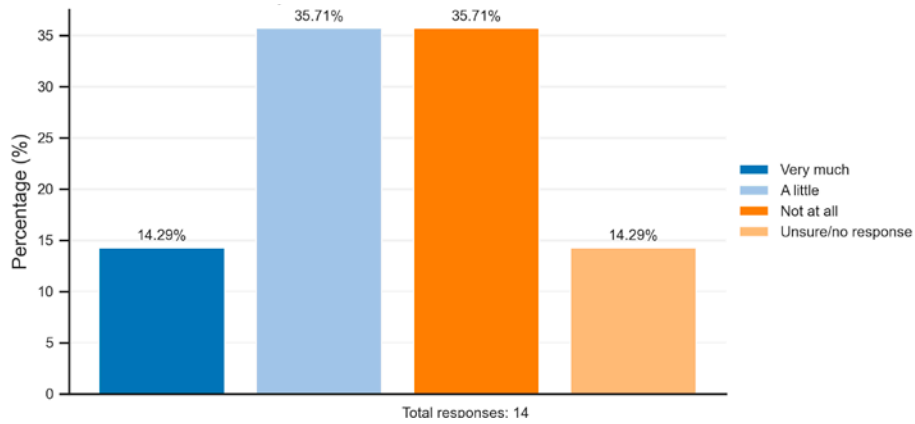
38. If someone has disclosed their migraine to you, what was your reaction (if you answered 'no' to the previous question, please respond with N/A)?



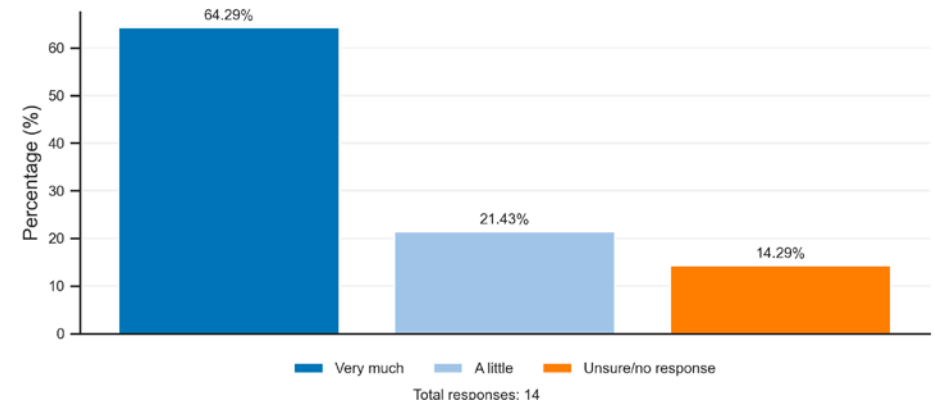
39. Do you believe those who have migraine suffer from stigma related to their condition?



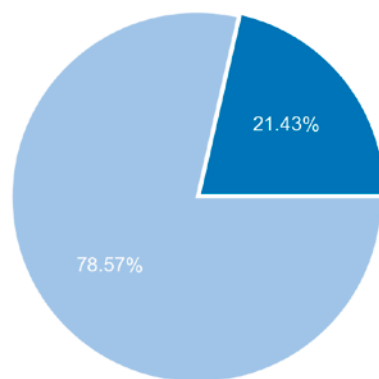
40. Does working with colleagues with migraine make your work life more difficult?



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: 14