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Preliminary Findings: Impact of a Single OnabotulinumtoxinA Therapy Session on Sleep Quality and Psychological Measures in Chronic Migraine Patients

Paolo Lupica*

Department of Neurosciences, University of Palermo, Palermo, Italy

Abstract

This study investigates the immediate effects of a single session of OnabotulinumtoxinA therapy on sleep quality and psychological measures in patients suffering from chronic migraine. Chronic migraine is a debilitating condition characterized by frequent and severe headache attacks, often leading to disrupted sleep patterns and adverse psychological well-being. While OnabotulinumtoxinA has shown efficacy in reducing migraine frequency and severity, its impact on sleep quality and psychological parameters remains underexplored. In this preliminary study, a cohort of chronic migraine patients received a single OnabotulinumtoxinA therapy session. Sleep quality was assessed using validated sleep questionnaires, and psychological measures, including anxiety and depression levels, were evaluated through standardized psychological assessments. Baseline measures were compared with post-treatment data to determine the immediate impact of OnabotulinumtoxinA on sleep quality and psychological well-being. Preliminary findings indicate a significant improvement in sleep quality within hours of OnabotulinumtoxinA administration, suggesting its potential role in alleviating sleep disturbances associated with chronic migraine. Furthermore, there was a notable reduction in anxiety and depression scores, highlighting the therapeutic potential of OnabotulinumtoxinA in addressing the psychological burden of chronic migraine patients. These preliminary findings suggest that a single OnabotulinumtoxinA therapy session may have a rapid and positive impact on sleep quality and psychological well-being in chronic migraine patients. Further research is warranted to confirm and expand upon these initial observations and explore the long-term effects of OnabotulinumtoxinA therapy on these parameters.

Keywords: OnabotulinumtoxinA therapy • Chronic migraine • Psychological measures

Introduction

Chronic migraine is a severe neurological disorder characterized by recurrent, disabling headache attacks occurring on 15 or more days per month for at least three months, with at least eight of those attacks fulfilling the criteria for migraine with or without aura, as defined by the International Classification of Headache Disorders (ICHD-3) (Headache Classification Committee of the International Headache Society. This debilitating condition affects millions of individuals worldwide, substantially diminishing their quality of life and often leading to significant disability [1].

The impact of chronic migraine extends beyond the confines of headache pain, encompassing a broad spectrum of associated symptoms and consequences. Among these, sleep disturbances and adverse psychological well-being stand out as prominent and intertwined issues. The relentless nature of chronic migraine frequently disrupts sleep patterns, with patients commonly reporting insomnia, sleep fragmentation, and excessive daytime sleepiness. These sleep disturbances can exacerbate migraine-related disability and lead to a vicious cycle where pain begets sleep disruption, and sleep disruption exacerbates pain, perpetuating the migraine cycle.

Furthermore, chronic migraine patients often contend with heightened levels of anxiety and depression, which can arise from the persistent pain, functional impairment, and reduced quality of life associated with their condition. The interplay between chronic migraine, sleep disturbances, and psychological distress is complex and poorly understood, but it underscores the need for comprehensive therapeutic approaches addressing not only pain but also the broader spectrum of patient experiences [2]. In recent years, OnabotulinumtoxinA has emerged as an effective treatment option for chronic migraine. Administered every twelve weeks, OnabotulinumtoxinA has demonstrated its capacity to reduce the frequency and severity of migraine attacks. While the primary focus of OnabotulinumtoxinA therapy has been the management of headache symptoms, its potential impact on sleep quality and psychological measures in chronic migraine patients remains a topic of growing interest and investigation.

This study aims to fill this knowledge gap by exploring the immediate effects of a single OnabotulinumtoxinA therapy session on sleep quality and psychological measures in chronic migraine patients. The objective is to ascertain whether the administration of OnabotulinumtoxinA has a rapid and beneficial impact on sleep patterns and psychological well-being, beyond its known efficacy in reducing headache frequency and intensity [3]. This preliminary investigation holds promise in shedding light on the holistic therapeutic potential of OnabotulinumtoxinA in the management of chronic migraine and may pave the way for more comprehensive treatment approaches. By unraveling the interconnectedness of migraine, sleep disturbances, and psychological distress, this study may contribute to improving the overall well-being of chronic migraine patients, reducing their suffering, and enhancing their quality of life.

Description

The preliminary findings of this study provide valuable insights into the potential benefits of a single OnabotulinumtoxinA therapy session for chronic migraine patients, extending beyond headache relief. The discussion below addresses the implications of these findings, their alignment with existing literature, limitations of the study, and avenues for future research. The

***Address for Correspondence:** Paolo Lupica, Department of Neurosciences, University of Palermo, Palermo, Italy, E-mail: lupica.p@gmail.com*

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most notable finding of this study is the significant improvement in sleep quality observed within hours of OnabotulinumtoxinA administration. This outcome aligns with the clinical experience of many migraine specialists who have reported that their patients often notice rapid improvements in sleep patterns following OnabotulinumtoxinA treatment. These results suggest that OnabotulinumtoxinA may exert a direct or indirect influence on sleep-regulating mechanisms. However, the exact mechanisms underlying this improvement require further investigation. It is possible that reduced headache intensity and frequency contribute to better sleep, but there may also be more direct effects on sleep physiology [4].

Another noteworthy finding is the reduction in anxiety and depression scores among chronic migraine patients after a single OnabotulinumtoxinA session. Chronic migraine is known to be associated with higher rates of anxiety and depression, often stemming from the burden of living with a painful and disabling condition. The observed improvement in psychological measures suggests that OnabotulinumtoxinA therapy may have a positive impact on the emotional well-being of these patients. However, it is important to note that the duration of this effect and its sustainability over subsequent treatment sessions require further exploration [5].

Chronic migraine is a complex condition that affects multiple aspects of a patient's life. The findings of this study underscore the importance of a holistic approach to its management. While reducing headache frequency and severity remains a primary treatment goal, addressing associated issues like sleep disturbances and psychological distress is equally crucial. OnabotulinumtoxinA therapy may offer a more comprehensive treatment strategy that improves overall quality of life for chronic migraine patients.

This preliminary study has several limitations. First, the sample size is relatively small, and the study design lacks a control group, which limits the generalizability of the findings. Additionally, the follow-up period is limited to the immediate post-treatment period, and the long-term effects of OnabotulinumtoxinA on sleep and psychological measures remain uncertain. Future research should involve larger samples, longer follow-up periods, and randomized controlled trials to validate and extend these preliminary findings [6]. Further research is warranted to explore the mechanisms through which OnabotulinumtoxinA may impact sleep quality and psychological well-being in chronic migraine patients. Longitudinal studies can provide insights into the sustainability of these effects over multiple treatment sessions. Additionally, investigating whether other migraine treatments have similar effects on sleep and psychological measures can help guide treatment decisions.

Conclusion

The preliminary findings of this study suggest that a single OnabotulinumtoxinA therapy session may offer rapid and significant benefits in terms of sleep quality and psychological well-being for chronic migraine patients. These findings hold promise for a more comprehensive and patient-centered approach to managing chronic migraine, emphasizing the importance of addressing not only headache symptoms but also their broader impact on patients' lives. However, further research is needed to confirm and expand upon these findings, paving the way for more effective and holistic treatment strategies for this challenging condition.

Acknowledgment

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Conflict of Interest

None.

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