

Perceived Stress and Coping Strategies in Headache (Migraine & Tension-Type Headache) Patients

Najma Najam*

Karakoram International University, Northern Areas,
Gilgit, Pakistan

Shumaila Aslam

Alumnus, Behavioral Sciences Program
Fatima Jinnah Women University, Rawalpindi, Pakistan

The investigation aimed to identify perceived stress and coping strategies in headache (migraine and tension) patients. Gender differences were also explored. The sample consisted of 40 headache patients (20 Migraine, 20 Tension) taken from two hospitals of Rawalpindi, Pakistan. Perceived stress was measured using the Perceived Stress Scale, Perception of Pain using the culturally adapted McGill Pain Questionnaire, and Coping Strategies using the Brief Cope Scale. Results indicate a highly significant correlation between the perceived stress and coping (active and avoidant) strategies. Significant gender differences were also seen with females reporting higher stress as compared to males. Implications for treatment are discussed in the light of findings

Keywords: Headaches, Perceived Stress, Coping Strategies, Gender Differences