

## THESES

CHRONIC DAILY HEADACHE: CLASSIFICATION, STRESS AND IMPACT ON THE QUALITY OF LIFE (ABSTRACT)\*. **THESIS. SÃO JOSÉ DO RIO PRETO, 2006.**

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Chronic daily headache (CDH) is a heterogeneous group of headaches that occurs 15 or more days per month, lasting more than four hours, including those associated with medication overuse. The objectives of this study were: to classify CDH; to assess the quality of life and level of stress of the patients with this type of headache.

A hundred patients, from both sexes, with minimum age of 18 years old were prospectively studied. The inclusion criterion was the presence of primary headache with more than 4-hour duration, a frequency of 15 days or more monthly, in the last three months. The diagnosis was according to the second edition of the International Classification of Headache Disorders (ICHD-II) criteria. The SF-36 questionnaire to observe quality of life and Lipp's Inventory of Stress Symptoms to diagnose stress were used. Patients with chronic organic disease were not included.

The patients' mean age was 38.8 years. The majority (87%) was women. CDH mean duration was 4.0 years. Applying the ICHD-II criteria, 17 different types of diagnosis were necessary to classify CDH of these patients. Among these types of diagnosis, 11 presented migraine (80% of the patients). The types with migraine had lower scores according to SF-36 either in physical function

( $p=0.0015$ ) and social function ( $p=0.033$ ). A total of 46% of the patients overused medication. Their scores were lower in physical function ( $p=0.008$ ), bodily pain ( $p=0.037$ ) and role emotional ( $p=0.046$ ). Ninety patients presented stress, prevailing the psychological symptoms in 94.5%. Among the patients who presented stress, 2 were at the alert phase, 33 at resistance phase, 46 at almost exhaustion and 9 at exhaustion phase. Stress diminished significantly the scores at the SF-36, except on physical function. There was no association between stress and medication overuse. Comparing the stress phases with SF-36 scores, except on bodily pain scale, the resistance phase showed scores significantly higher than the almost exhaustion phase.

CDH is the result of a convergence of several types of headaches that integrates the ICHD-II. Most patients presented stress and half of them were at the almost exhaustion phase. Stress produced significant reduction in all scales from SF-36 questionnaire, except on physical function. The patients with stress at the almost exhaustion phase showed scores significantly lower than resistance phase in all scales of SF-36 questionnaire, except on bodily pain.

**KEY WORDS:** chronic daily headache, classification, quality of life, stress.

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INSOMNIA, DEPRESSIVE SIGNS AND SYMPTOMS AND QUALITY OF LIFE IN INSTITUTIONALIZED ELDERLY SUBJECTS (ABSTRACT)\*. **DISSERTATION. SÃO PAULO, 2006.**

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**Introduction:** Growing old is a dynamic and continuous process.

**Objective:** To identify the relationship between insomnia and depression and quality of life (QL) of elderly subjects. Specific objectives to identify the following in the institutionalized elderly: 1- insomnia; 2- depressive signs and symptoms; 3- check perception of QL.

**Method:** The study was conducted at "São Joao Bosco" Asylum, and with senior citizens who joined a

contact center for the elderly called "João Nogueira Vieira" (comprising the study group), both in the city of Campo Grande, MS Brazil. Data were obtained from Mini-Mental State, brief-WHOQOL test, Hamilton Depression Rating Scale and Giglio's Sleep Questionnaire. The 36 institutionalized elderly group consisted of 83.4% males and 16.6 females; the majority, 58.33% ranged from 70 to 79 years of age; 50% were single and 100% retired; regarding their education, 58.33% had been to ele-