

# Many saw improvements in migraine during quarantine

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(HealthDay)—COVID-19 quarantine had a positive impact on migraine,

according to a study published online June 26 in *Pain Medicine*.

Francesca Schiano di Cola, M.D., from the University of Brescia in Italy, and colleagues assessed the impact of COVID-19 quarantine on [migraine](#). Telephone interviews were conducted with 170 headache center patients regarding migraine features and clinical, occupational, and lifestyle variables.

The researchers found that during quarantine, there was a significant overall reduction in migraine days (14.7 versus 12.3), with 47.1 percent of patients reporting a clinical improvement. An increased chance of migraine improvement was associated with outdoor living spaces (odds ratio [OR], 2.3; 95 percent confidence interval [CI], 1.7 to 3.07; P = 0.009), a [positive attitude](#) throughout quarantine (OR, 4.12; 95 percent CI, 2.3 to 7.1; P = 0.03), working [full-time](#) (OR, 1.03; 95 percent CI, 0.5 to 1.9; P

"Quarantine had an overall [positive impact](#) on migraine," the authors write. "Based on our results, we hypothesize the reduction of daily hassles and challenges might be the main reason for such improvement."

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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