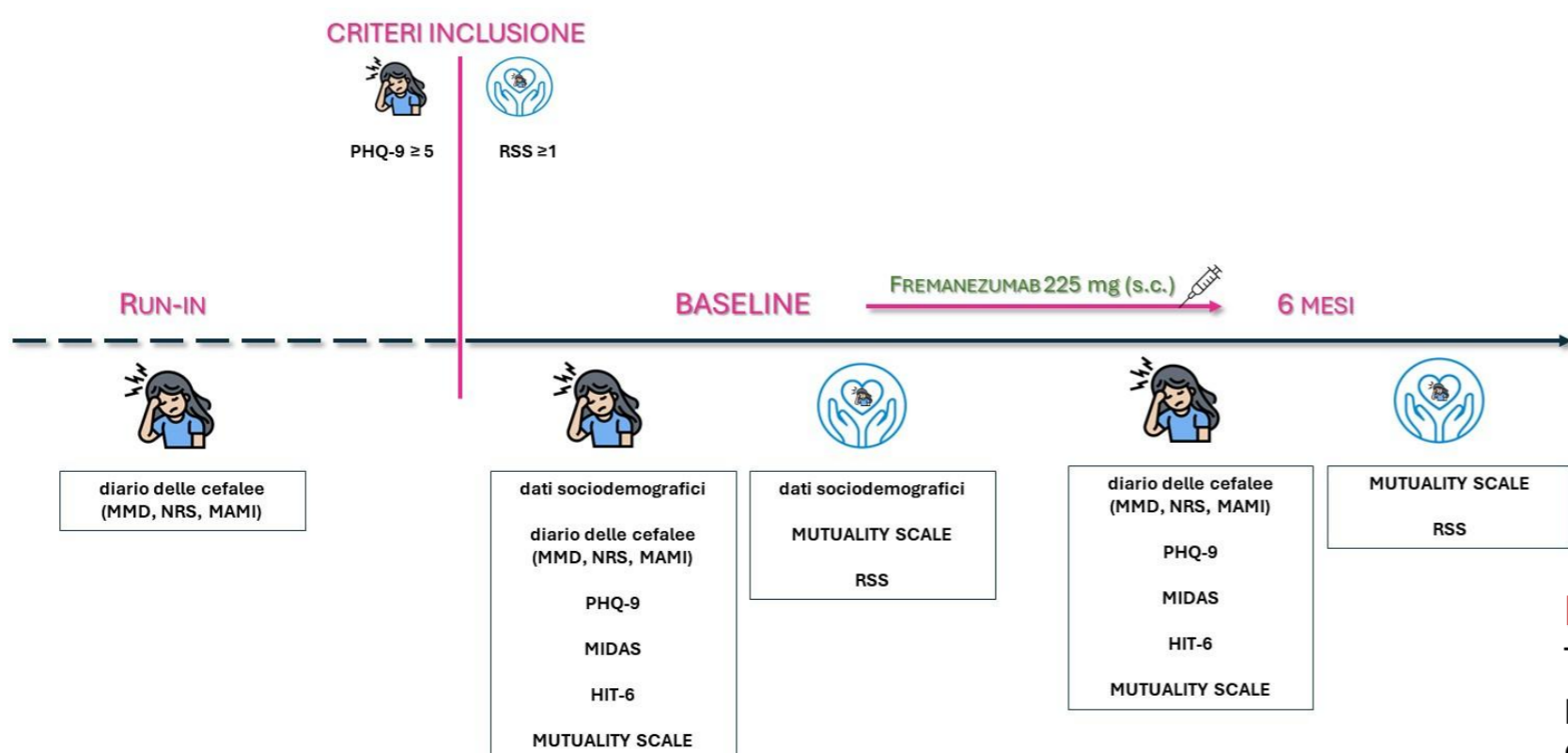


IMproving DistrEss perception and mutuALity in caRregivers (MIDeAR study) of migraine patients with depressive symptoms treated with fremanezumab. an observational prospective real-life study to evaluate the effectiveness of fremanezumab for reducing the caregivers' burden and increasing reciprocity within the dyads

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BACKGROUND

Migraine is a very disabling disease that negatively impacts not only patients' but also their family members' daily life. While the role (figure) of the caregiver is central to various neurological pathologies, it has scarcely been taken into consideration in migraine. The present study aims to investigate whether clinical improvement in patients with depressive symptoms receiving fremanezumab can favorably modify stress and enhance mutuality in the dyad.

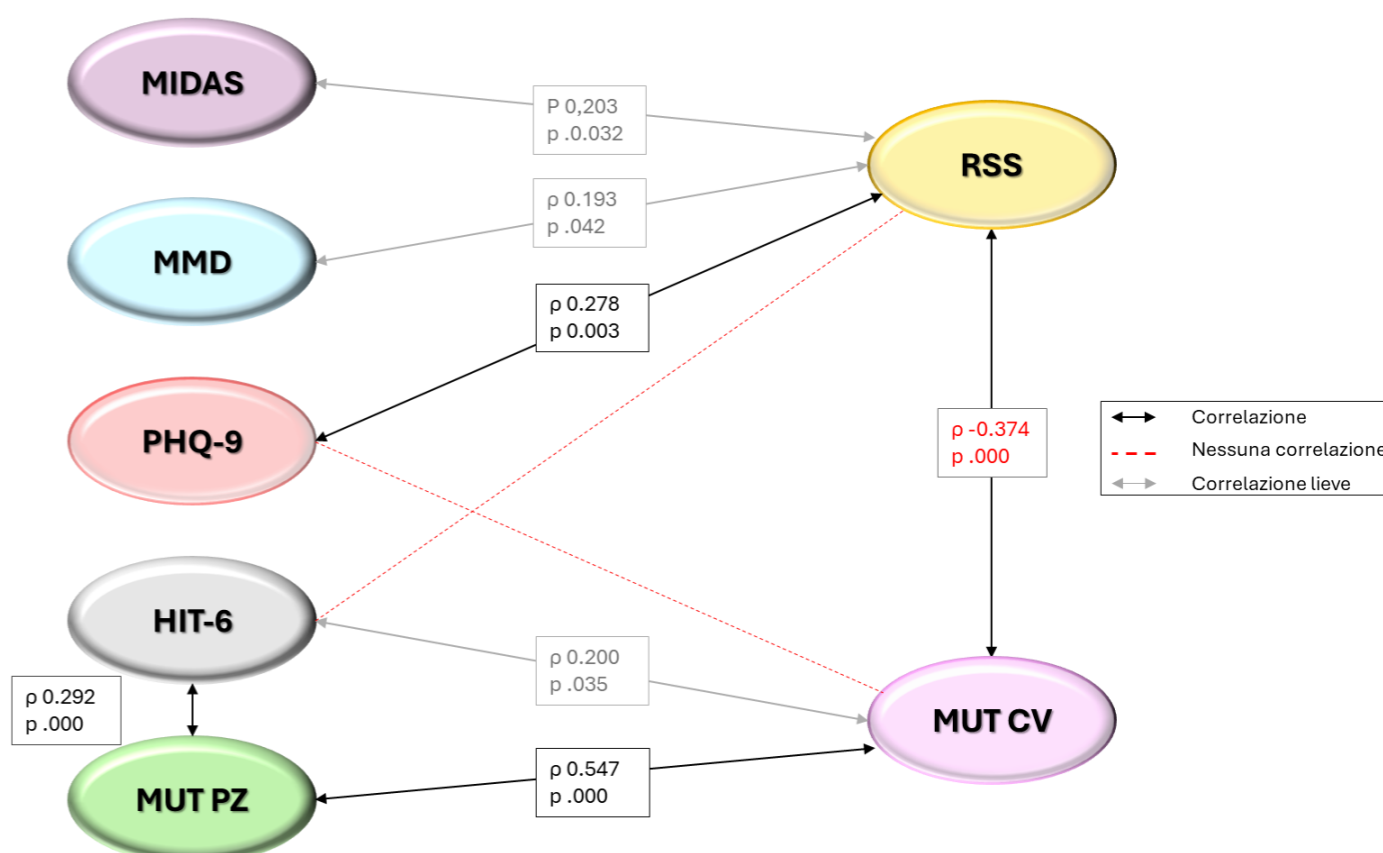
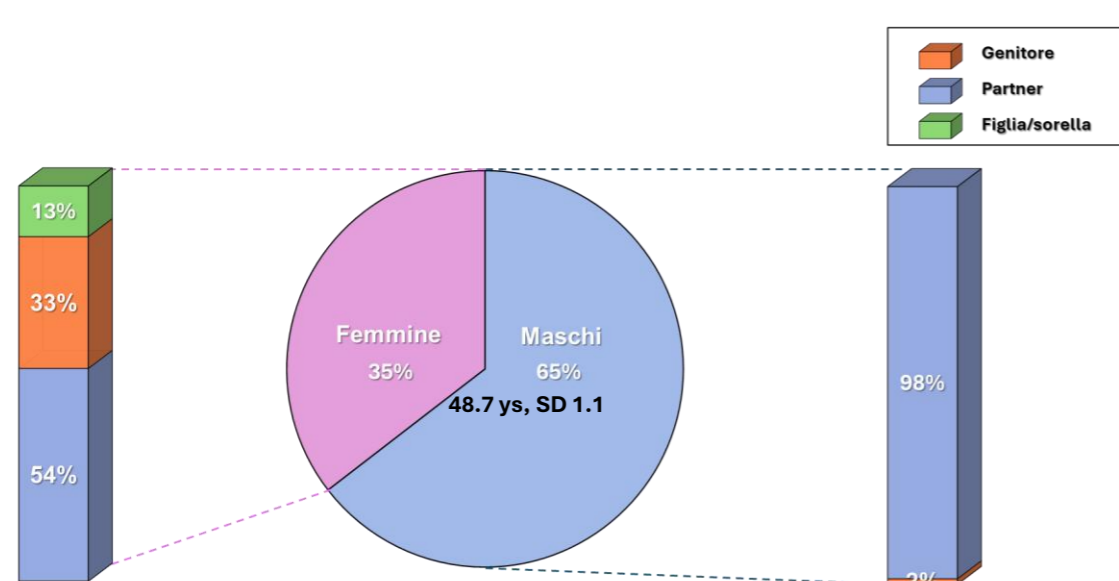


MATERIALS AND METHODS

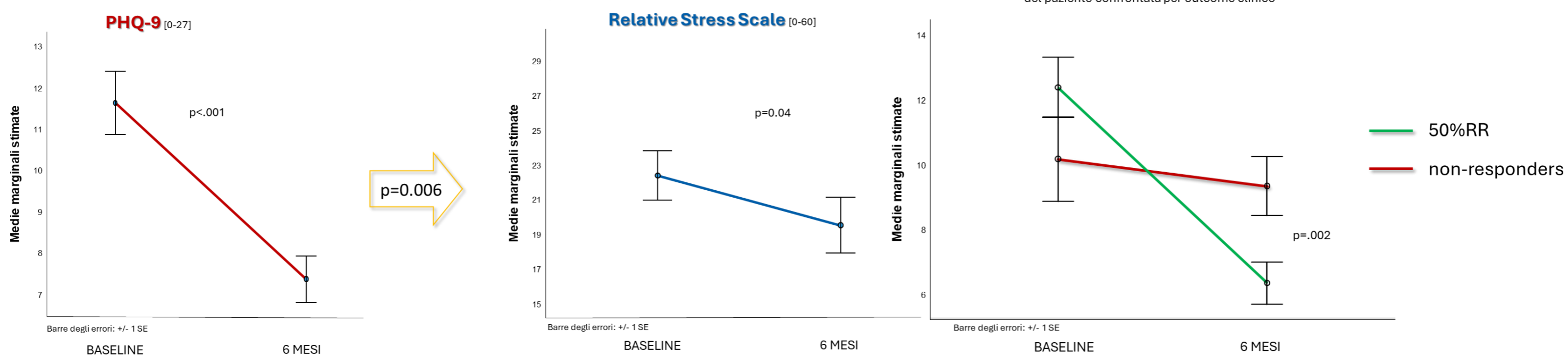
This is a multicenter, observational, prospective study involving adult patients with migraine receiving fremanezumab with symptoms of depression (evaluated by Patient Health Questionnaire-9 - PHQ-9 ≥ 5) and their caregivers.

RESULTS

The MI-DEAR study has been ongoing since October 2024, and recurrently enrollment is complete. Here are presented the results of an interim analysis on 126 dyads enrolled until June 2025 (patients: 83.2% females, 43.9 ys, SD 1.2); caregivers: 34.5% females.). Of these, 52 dyads completed the 6-month follow-up. At baseline, patients reported 15 SD 6.9 MMDs with a severe disability (HIT-6 65.5 SD 8.5, and MIDAS 66.8 SD 51.7), and moderate symptoms of depression (PHQ-9 11 SD 5 SD 5.1). Caregivers presented moderate distress (RSS 20.37, SD 11.3). Mutuality scales scores were high in patients (3.0, SD 0.6) and caregivers. (3.2 SD 0.5). Reciprocity ($p=0.039$) and Shared Pleasured Activity ($p=0.012$) scores were higher in female than male caregivers.



analisi ad Interim su 52 DIADI che hanno completato il follow-up

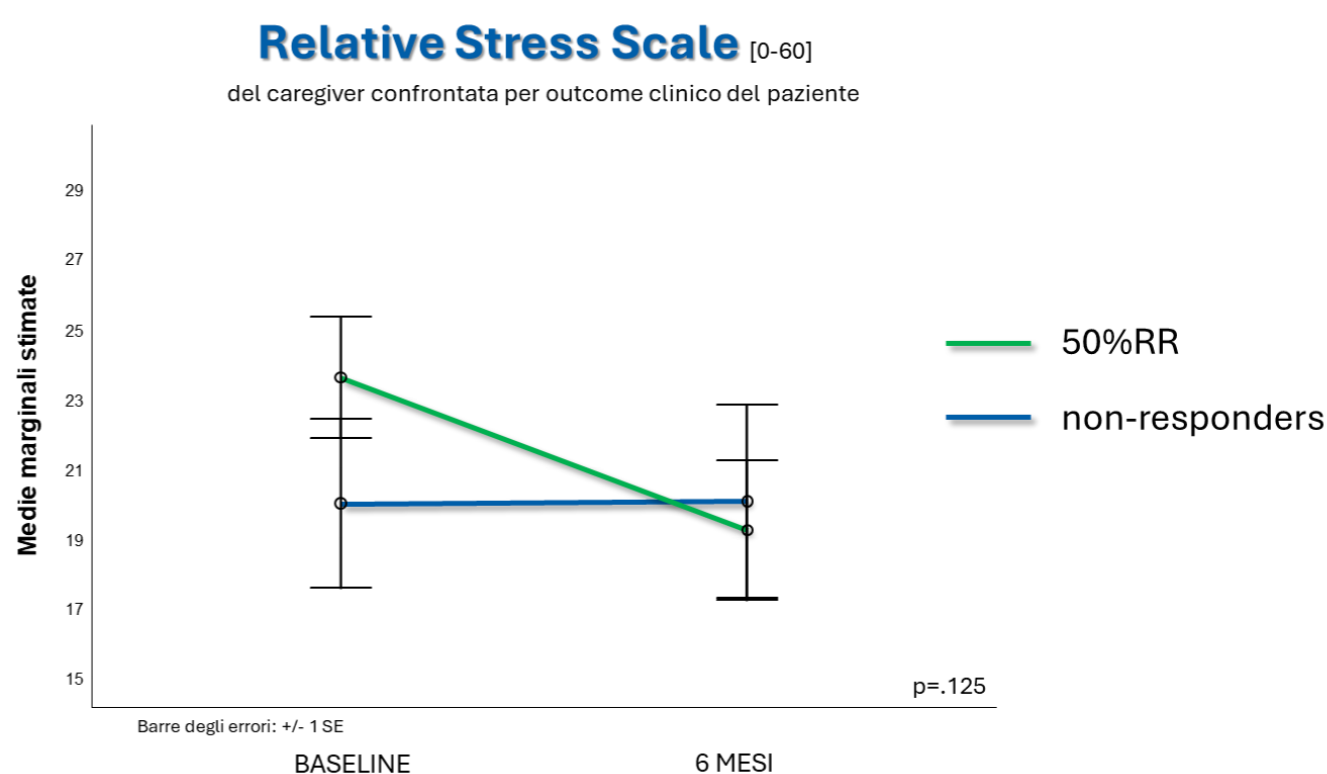


DISCUSSION AND CONCLUSION

Caregivers of patients with disabling migraine present a moderate burden of perceived stress, which is associated with patients' depressive symptoms and negatively affects mutuality in the couple. The treatment with fremanezumab alleviated patients' depressive symptoms, which in turn reduced caregiver perceived stress especially in those who responded to the treatment.

REFERENCE

Fofi L, Altamura C, Fiorentini G, Brunelli N, Marcosano M, Barbanti P, Vernieri F - Improving distress perception and mutuality in migraine caregivers after 6 months of galcanezumab treatment - HEADACHE - 2022 - 9 - 1143



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