

MEETING ABSTRACT

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EHMTI-0390. The attitude of migraineurs to alternative therapies

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Introduction

The growing interest in alternative therapies (ALTs) is a worldwide phenomenon. Headache and migraine are among the top five conditions treated with such therapies, although scientific proof of efficacy is often lacking.

Objective

To explore the attitude of Hungarian migraineurs to alternative therapies.

Methods

Questionnaire survey conducted at two headache centres. A willingness to pay approach was used to assess the importance of alternative therapies for the patients.

Results

75 patients (mean age: 35.4 ± 12.4 years; 70 women) were enrolled. Thirty-four (44%) had already tried at least one ALT. Ninety percent of the patients were willing to pay for ALTs recommended for their migraines, on average 19% of the Hungarian monthly net minimum wage. If scientific evidence of efficacy was lacking, 57% of the patients would pay for the ALTs (on average 14% of the net minimum wage). If the ALTs were associated with side effects, only 33% of patients would try them. Actual use and willingness to use was higher among patients with higher levels of education. If two therapies were equally effective, 65% would choose an ALT and 11% would prefer the conventional therapy (24% having no preference). If the treatments' side effects were equal, 36% would choose the ALT and 22% the conventional treatment ($p < 0.001$ for the differences between the two scenarios).

Discussion

The majority of migraineurs had positive attitudes towards ALTs. This is probably due to ALTs being considered safer than conventional therapies. Patients with higher levels of education have a higher preference for ALTs.

No conflict of interest.

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