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## EVALUATING DREAM CONTENTS IN PATIENTS WITH MIGRAINE

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**Introduction:** Migraine is a common headache and sometimes it's nocturnal attack awake patients while dreaming. Some dream contents accelerate migraine attacks. In this study the relationship between dream contents and migrainous headaches was evaluated.

**Methods:** The study was done in 185 patients with migraine in a period of 2 years. Diagnosis of migraine had done according to IHS criteria. Dreams had been analyzed by Hall Van de castle test. Data were analyzed by Spss V.17 software.

**Results:** One hundred and thirty three patients out of 185 patients were female. The average number of attacks per month was higher in group with nocturnal migraine ( $P=0.006$ ). 231 dreams were noted from 130 patients. Patients with nocturnal migraine remember and noted more dreams ( $P=0.02$ ). Aggression in dreams contents have no significant relationship with nocturnal migraine and post dreaming headaches. Dreams with contents of friendliness, Sexual and misfortune was more prevalent in patients with nocturnal migraine ( $P=0.001$ ). Contents of sadness, misfortune, confusion and sexual materials ( $P=0.001$ ) and failure ( $P=0.039$ ) accelerated the migraine attacks.

**Discussion:** Positive and negative Emotions lead to increasing the headache attacks.

Studying dream contents in different migrenous patients with different cultures is a matter of concern and may help to understand patient's psychopathology.