# REGRESSIONS OF COGNITIVE, PERSONALITY AND FAMILY VARIABLES IN IRANIAN PATIENTS WITH MIGRAINE HEADACHE

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Migraine is one of the problems that has debilitating pain, and effects on all aspects of life, including the function of the academic, social and family life of patients. Smith (1996), also, has been shown the effects of migraine on family members such as patient´s relationships with spouse, children and other family members.

In addition migraineurs tend to have high levels of depression and anxiety, and migraine headaches have a profoundly negative impact on sufferers' quality of life ( Johari Fard, 2011).

In this research we investigated the regressions of cognitive, personality and family variables with migraine headache, to find predictor variables of migraine.

In this study, we used these questionnaires: For migraine: six-item Headache Impact Test (HIT-6;Kosinski et al, 2003), Specific Quality of Life Questionnaire; Christine et al, 2012). For cognitive variables: Irrational Beliefs Test; (Jones, 1968) and Dysfunctional Attitudes Scale; (Beck et al, 1991),for personality variables: NEO inventory (Mccrae & Costa, 1985) for family variables: Family Assessment Device (Epstein et al,1983).

This project was on 58 women with migraine headache, diagnosed by neurologist. The findings show that, there is significant regression between cognitive, personality and family variables and **HIT**-6. In cognitive variables: frustration reactivity, anxious overconcern, in personality variables, extraversion trait and in family variables, affective involvement are significant. Also, there is significant regression between cognitive, personality and family variables and MSQ.In cognitive variables: frustration reactivity, anxious overconcern, and helplessness, in personality variables, agreeableness and consciousness and in family variables, affective involvement and general functioning are significant.