Factors Influencing Headache Symptoms Among Adolescents

Abstract

This cross sectional study examines factors predicting headache in adolescents. The sample consisted of 4,068 students, grade 7–12 in Bangkok. The instruments were Demographic data Questionnaire, the Headache Screening Questionnaire, Children’s Depression Inventory, Stress Inventory, and Health Status and Health Behaviors Questionnaires. The data were analyzed using descriptive statistics and logistic regression analysis. The results show that 77 % of the samples experienced headache. Factors influence headache significantly were: gender(female), computer use more than 2 hr. per day, stress, depression, and dysmenorrheal. Health screening, counseling, therapy, and behavioral modification for behavioral changes are recommended.

keywords: headache, adolescent, stress, depression, behavior.