

Comparison of emotional schemas, Alexithymia, coping styles and psychological well-being in patients with migraine headaches and normal people in Rasht

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Abstract Regarding the prevalence of migraine headache and the role and importance of psychosocial factors in the body of the body, the aim of this study was to compare the emotional schema, Alexithymia, coping styles and psychological well-being of people with migraine and non-infected individuals in 1395. In this descriptive study, a total of 240 (120 with migraine and 120 non-infected) were ed in Rasht city. Then, groups were matched in terms of demographic characteristics (age, sex, education) and all subjects were given a scale of emotional schemas, Alexithymia, coping styles, and psychological well-being. Data were analyzed by independent t-test. The findings showed that there is a significant difference between the two groups in terms of emotional schemas, Alexithymia, coping styles and psychological well-being. These findings indicate Gives psychological and personality factors such as emotional schemas, Alexithymia, coping styles and psychological well-being in the incidence or severity of migraine headaches.

Keywords : : Emotional Schema, Alexis Timy, Conflict Styles, Psychological Well-being, Migraine

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