

عنوان مقاله:

Alexithymia and Self-Efficacy With Pain Perception in Women with Migraines: A Cross-sectional Study

محل انتشار:

فصلنامه تحقیقات سلامت کاسپین، دوره 6، شماره 4 (سال: 1400)

تعداد صفحات اصل مقاله: 8

نویسندگان:

Sholeh Gharibi - *Department of Psychology, School of Humanities, Rasht Branch, Islamic Azad University, Rasht, Iran*

.Abbas Sadeghi - *Department of Consulting, School of Literature and Humanities, University of Guilan, Rasht, Iran*

خلاصه مقاله:

Background: Pain perception in individuals with migraine is very important and is influenced by various factors. The aim of this study was to investigate the role of alexithymia and self-efficacy with pain perception in women with migraine. Materials & Methods: This cross-sectional study was performed in women with migraine referred to medical centers in Rasht in ۲۰۲۱. Using convenience sampling method, ۱۶۰ women with migraines participated in the study and answered the demographic information questionnaire, Toronto Alexithymia Scale (TAS-۲۰), General Self-Efficacy Scale (GSE) and McGill Pain Questionnaire (MPQ). Data was analyzed using Pearson correlation coefficient and linear regression model. Results: Of total, ۱۵۲ women responded to the questionnaire (response rate= ۹۵%). The mean age of study participants was 32.86 ± 8.5 years. Pain perception was negatively associated with self-efficacy ($r = -0.28$; $P = 0.001$) and positively associated with alexithymia ($r = 0.20$; $P = 0.001$). The results of linear regression also showed that self-efficacy and Externally-Oriented Thinking (EOT) subscale explained ۱۳% of the variance in pain perception. Conclusion: Self-efficacy and externally-oriented thinking were significant contributors of pain perception in women with migraine. These variables can be considered for adopting coping strategies in patients experiencing migraine pain.

کلمات کلیدی:

Alexithymia, Self-efficacy, Pain perception, Migraine

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1377016>

