



EFFECTIVENESS OF MUSIC THERAPY IN THE TREATMENT OF MIGRAINE HEADACHE

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OBJECTIVES: Aim of this study was to evaluate the effectiveness of music therapy versus drug and placebo treatment in children with migraine headaches.

An evaluated music-therapeutic concept for adults with chronic pain has been adapted to the requirements of child treatment. As preventive drug we used Petadolex®, which proved effective in adult migraine interval treatment.

METHODS: A randomized, placebo-controlled, three-armed parallel group design was used, the two drug arms were double-blind. 58 children (aged $10,4 \pm 1,4$ yrs) were included in the trial (after diagnosis, baseline and informed consent), due to drop out group sizes decreased in post-line to n=18 music therapy, n=19 Petadolex® and n=19 placebo, and in follow-up to n=17 music therapy, n=15 Petadolex® and n=18 placebo. Treatment duration was 3 months (12 weekly sessions music therapy or 2x2 capsules (25 mg) per day). Target variables were headache parameters (obtained through a headache diary), but also psychological factors (obtained through interviews and psychological questionnaires). Data have been collected through pre-post-measurements, process measurement daily (+8 weeks baseline and postline), as well as follow-up after 48 weeks.

RESULTS: After therapy only the music therapy condition showed a significant placebo superiority with regard to relative reduction of headache frequency versus baseline, in the follow-up measure both treatment groups (music therapy and Petadolex®) superceded the placebo condition significantly.

CONCLUSION: Results suggest that music therapy and Petadolex® are effective prophylactic treatment methods for pediatric migraine, while music therapy has the additional benefit of an earlier symptom reduction.