

Richard B. Lipton, MD^{1,2,3}; Sagar Munjal, MD, MS⁴; Aftab Alam, MBBS, MS, MBA⁴; Dawn C. Buse, PhD¹; Kristina M. Fanning, PhD⁵; Michael L. Reed, PhD⁵; Todd J. Schwedt, MD⁶; David W. Dodick MD⁶

¹ Department of Neurology, Albert Einstein College of Medicine, Bronx, NY, USA; ² Montefiore Medical Center, Bronx, NY, USA; ³ Department of Epidemiology and Population Health, Albert Einstein College of Medicine, Bronx, NY, USA;

⁴ Promius Pharma, a subsidiary of Dr. Reddy's Laboratories, Princeton, NJ, USA; ⁵ Vedanta Research, Chapel Hill, NC, USA; ⁶ Mayo Clinic, Phoenix, AZ USA

Objective

- Some people treated with acute migraine medications experience dissatisfaction with their therapy.
- We aimed to empirically characterize domains and degrees of unmet acute treatment needs and assess rates of migraine-related disability among a sample of MAST Study participants using oral, acute prescription migraine medications.

Eligibility

- US respondents aged ≥18 years, were recruited from a nationwide online research panel using stratified random sampling to participate in the MAST Study.
- A validated migraine screener used modified ICHD-3 beta criteria to identify individuals with migraine.
- Respondents averaging ≥1 headache day per month (MHD) over the previous 3 months were included in the MAST Study.

Methods

- Eligible respondents used acute oral prescription migraine medications and were excluded if they used nasal or injectable acute treatments.
- Respondents provided data on sociodemographics (age, gender, race, income, employment, education, BMI, health insurance, smoking status, marital status), medication use and response, migraine symptoms, and migraine-related disability.
- We identified 15 characteristics of “unmet needs” and grouped them into 3 domains based on item face validity and clinician judgment (Insufficient Treatment Response, Migraine Attack Characteristic Needs, and Patient Characteristic Needs).
- Respondents were also administered the 13-item MAST Unmet Treatment Needs (MUTN) questionnaire.

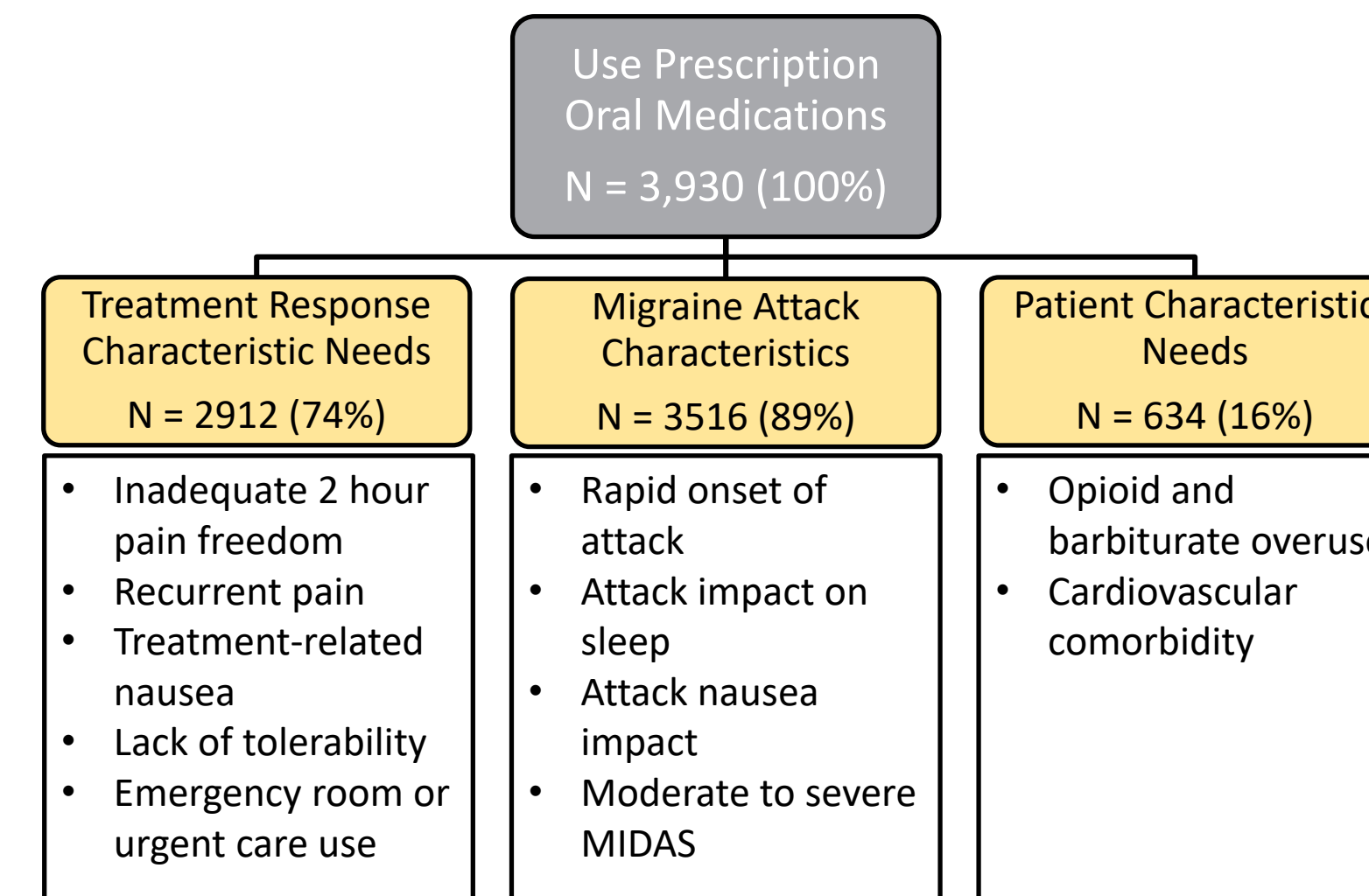
Table 1. Category of Unmet Need Among Respondents Taking Oral Prescription Acute Treatment

	Total N = 3,930 (%)
Sociodemographics	
Female	2892 (73.6)
Household Income ≥\$50,000	2592 (67.7)
Caucasian	3186 (81.6)
Married	2240 (57)
Education ≥4-year degree	2300 (58.5)
Employed FT/PT	2694 (68.5)
Health Insurance	3706 (96)
Current Smoker	533 (13.6)
PHQ-4 Psychological Sx Present	1011 (25.7)
Headache Characteristics	
Medication Overuse	899 (24.2)
MTOQ Poor to Very Poor	1483 (37.7)
MIDAS Moderate to Severe	2187 (55.6)
Allodynia Present	1827 (46.5)
Acute Medication Use	
Oral Prescription Triptan	1808 (46)
Oral Prescription NSAID	1439 (36.6)
Oral Prescription Ergotamine	31 (0.8)
Oral Prescription Opioid	1299 (33.1)
Oral Prescription Barbiturate	440 (11.2)
Oral Prescription Isometheptene	89 (2.3)
OTC Headache Medication	2603 (66.2)
Mean [SD]	
Age	45.0 [13.5]
BMI	28.3 [7.8]
MSSS	17.7 [2.7]
Monthly HA days	6.9 [6.8]

Results

- Among 15,133 respondents meeting inclusion criteria, 26% (n=3,930) reported current use of oral acute prescription or OTC medications to treat headache.
- Mean [SD] age was 45.0 [13.5] years, and most respondents were women (73.6%) and white (81.6%) [Table 1].
- A total of 95.8% of respondents had at least 1 unmet need; 90.8% reported unmet needs related to migraine attack characteristics, 76% had unmet needs related to insufficient acute treatment response, and 16.1% reported unmet needs associated with respondent characteristics [Fig 1, 3].
- Common areas of unmet needs included rapid onset of headache (65.3%), headache-related disability (55.6%), inadequate pain relief (49.0%), and recurrence of pain within 24 hours of initial relief (38.6%) [Fig 1].

Fig 1. Unmet Treatment Needs Domain



Conclusions

- Almost all respondents using prescription acute medications for migraine treatment had at least one unmet need.
- Common areas of unmet need, such as inadequate acute treatment response and challenging attack-related characteristics, may be filled by a range of clinical actions and should be a high-priority focus for improving the management of people with migraine.

Figs 2 – 4. Unmet Need Categories Among Respondents Taking Oral Acute Prescription Medications

