

The Impact of Headaches on the Quality of Relationships Since March

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Abstract

- Our topic was driven by the fact that we all suffer from headaches.
- The purpose of our study was to see the impact that headaches have on the quality of relationships and interactions since the start of COVID-19.
- We first looked into existing literature to see the impact headaches had on relationships in general and then later found scientific support for a trend in headache increases as a result of pandemic stress.
- Therefore, we wanted to look into whether people from our class had similar experiences to what the research shows.

Methods

- We were aligned around this one topic that is prevalent based on our personal experiences.
- We met weekly to collaborate as a group on all aspects of our research and reflected on our shared experiences.
- To collect data, we utilized google forms to ask survey questions based on a likert scale to assess the frequency of headaches and changes in the quality of interactions.
- In addition, we incorporated an open ended question to gather more detailed qualitative responses.
- To analyze our data, we found color coded the various responses we received based on the likert scale, found common themes from our qualitative data, and generated representative graphs.

Results

- **Figure 1:**
 - 69.1% of participants experienced at least 3 headaches per month
 - 14.7% of participants experienced 10+ headaches per month
- **Figure 2:**
 - 17% of the responses were coded as "no impact".
 - This indicates that 83% of the responses showed changes in the quality of relationships.
 - 18% of the responses demonstrated a decrease in motivation to socialize or interact with others.
- **Figure 3:**
 - Impact of screen time by headache frequency was our most significant research finding.
 - All participants who experienced 6+ headaches per month reported their headaches being intensified by increased use of computer screens and/or phone screens.
 - This shows a positive correlation between increased screen time and increased intensity of headaches.

Conclusion-Future Questions

- We concluded that this is a prevalent issue amongst our class participants.
- Future research should be conducted to better generalize our findings to the broader population.
- This is important to understand as the pandemic worsens and more lives are impacted.

Headache Frequency During Quarantine

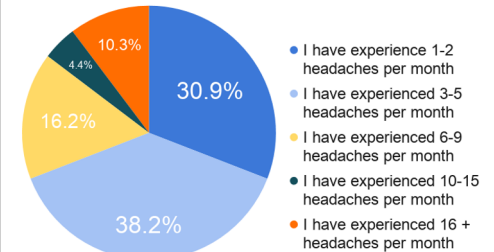


Figure 1.

Impact of Screen Time by Headache Frequency

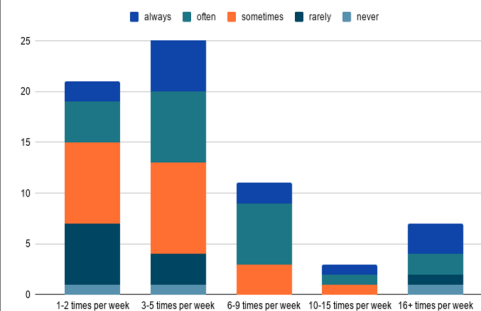


Figure 3.

Participant Responses

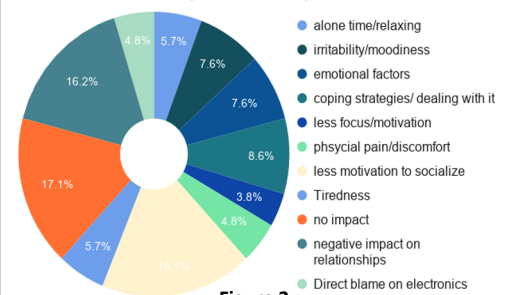


Figure 2