investigating the role of the state-trait anxiety on the severity of symptoms of eligible patients diagnosed with migraine

The Purpose of this study was to investigate the role of moderating the quality of sleep in the effect of state-trait anxiety on the severity of symptoms of migraine disease in patients with migraine diagnosis. Correlation method was used for this study. The statistical population of the study consisted of all people with migraine headache diagnosis who referred to nursing brainwashing centers in Isfahan in 2017. The statistical sample of this study included 90 cases of migraine diagnosis and were excluded by sampling. Samples with 80 subjects were required to collect data. Three questionnaires were used: 1- Pittsburgh sleep quality questionnaire, 2- sexual-trait Anxiety, 3- severity of migraine symptoms. The validity of this study was confirmed. In order to analyze the research data, Emo software was analyzed at descriptive and inferential level. In the descriptive section of the means, deviation, criterion. The cognitive cohort of the minimum and maximum scores of the research variables as well as the histogram of the distribution of data according to the frequency of the research, which suggests the normal distribution of research data. The hypotheses were then analyzed using regression analysis of multivariate regression analysis of the Hirsch processing program in regression analysis. Results of Pearson correlation test showed that the internal correlation of all variables was significant. Hay's processor results showed that sleep quality in the effect of state anxiety on severity of migraine symptoms in the whole sample has a significant moderating effect. The results of this study showed that the quality of sleep in the relationship between anxiety and severity of symptoms of migraine disease and state anxiety with severity of symptoms in both male and female sex did not show a significant moderating effect.

Keywords: Sleep quality. State anxiety. Anxiety symptoms. Severe migraine symptoms.