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Project Title

Migraine, lifestyle, cognition, and psychological health factors: a population-based cross-sectional study examining findings from the CLSA

Project Summary

Migraine is one of the most prevalent and debilitating neurological disorders, affecting approximately 8.3 percent of the Canadian population. Past research focused on the age range of 18 to 40 years of age, thus the aging population affected by migraines is often ignored. It is important to examine the aging population affected by migraines, and understand the impact that migraines have on individuals' physical health, psychological health, and overall well-being. This study will use data collected by the Canadian Longitudinal Study on Aging (CLSA) to explore the lifestyle, cognitive, and psychological health factors that contribute to migraineurs' experience. We will conduct a cross-sectional analysis to determine if the aging population that is affected by migraines varies on lifestyle, cognitive, and psychological health factors in relation to those who are not affected by migraines.

Keywords

migraine, lifestyle, cognition, psychological health, aging