Name(s)	Project Number
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Project Title
Migaine Headaches in Teens

Abstract

Objectives/Goals
The project was designed to collect and analyze information about the incidence and impact of headaches on teens. The goal is to determine if migraines and other headaches are under-reported and under-treated and therefore lead to unneeded pain and loss of activities in teens.

Methods/Materials
A survey form captured information about the study with variables such as headache type, frequency, duration, symptoms, and if medications or medical treatment was used. 600 middle school students took the survey. The survey was manually tallied and a calculator was used to convert raw data to percentages for comparisons.

Results
Teen headaches, including migraine, are much more frequent than was known. Here, 25 percent of teens suffer migraines, 44 percent have tension headaches, 8 percent get cluster headaches, 23 percent reported no headaches. Of teens that get headaches, 33 percent are migraines, 57 percent tension, and 10 percent cluster type. However, headaches and worry about headaches don't greatly impair teen's lives. Most, 63 percent, did not get medical care with 73 percent self-treating with aspirin, acetaminophen or ibuprofen. Twenty percent said treatment was ineffective correlating with the low rate of doctor visits at 3 percent, and prescription medications at 6 percent.

Conclusions/Discussion
Unexpectedly high numbers of teens suffer from headaches, including migraines at 25 percent. Prior research showed only a 4.5 percent rate of migraine headaches in children less than 18 years old. This study proves the hypothesis that teen headaches are under-reported and under-treated leading to pain and suffering.

Summary Statement

This experiment is to determine the frequency, duration, symptoms and treatment of headaches, including migraines, in teens.

Help Received

Parents helped copy, distribute and tally survey forms and proof read reports and poster.