

Effectiveness of Neuro Feedback on Sleep Quality and Pain Control of People with Migraine Headaches

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Introduction

The purpose of this study is to determine the effectiveness of Neurofeedback on sleep quality and pain control of people with Migraine Headaches who refer to specialized Neurosurgery clinics in Ahvaz Migraine headache as a psychosomatic disease is one of the most common pains and due to its frequency and severity, it is one of the most important types of headache; However, due to the nature of occasional seizures and the lack of fatalities, their importance in public health is often overlooked. Migraine headache is an attack disorder characterized by unilateral headaches with or without gastrointestinal and visual impairments, such as sensitivities. Happens with sound and affectability to light, heaving, and nausea.

Method

The research method was semi-experimental with pre-test & post-test design with a control group. For this purpose, among 30 people with a targeted method sampling to experimental (15 people) and control groups (15 people) At present, barbiturates are not prescribed due to their risks and side effects, and benzodiazepines are used as the most common hypnotic drugs. However, clinical and pharmacological experts all believe that continuous use of these drugs has an effect on Paradoxical sleep, shortening them as well as reducing the duration of deep sleep - changing the structure of sleep does not lead to restorative sleep and reduces the efficiency of the person and ultimately leads to dependence and soon diazepam on the causes of the disorder. Sleep is not effective and therefore use should only be short-

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lived. Active electrode No. 1 was located at position T3 and active electrode No. 2 was located at position T4, and reference electrodes No. 1 and No. 2 were connected to the left ear and right ear, respectively; the grand electrode was attached to the back of the neck.

Results

For data collection of Questionnaires Sleep quality of Boyez & et al (1989) and the Pain control of McGill (1986) were used. The Neurofeedback intervention in 20 sessions 30-minute was performed in group experimental groups was conducted and the control group training data was not. For data analysis, done by multivariate covariance analysis (MANCOVA) and single-variable covariance analysis (ANCOVA). The results showed that the Neurofeedback intervention was effective on increase sleep quality and pain control in women with marital conflicts ($P < 0.001$).

Conclusion

Accordingly, the results of the present study showed that neurofeedback therapy can be effective in increasing sleep quality and pain control.

Keywords: Neurofeedback, Sleep quality, Pain control, Migraine.

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