

Abstract

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Title of the thesis: Effect of acupressure in the treatment of migraine

Aims: The aim is to assess the effect of acupressure in the treatment of female migraineurs who are taking triptan medicine.

Methods: Migraineurs who are taking triptan medicine took part in the experiment. A total of 20 test subjects participated in the research. The research sample was randomly divided into experimental and control groups of ten participants each. Acupressure was used as a therapeutic method in the experimental group. A total of 8 therapeutic units were performed over the period of 4 weeks. There were three main factors, that were evaluated - the number of migraine attacks and how many times use of acute analgesics was needed in the last 4 weeks before the start of the intervention and during the 4-week acupressure intervention. The third factor was a quality of life - the input and output examination was performed using the Migraine Specific Quality of Life Questionnaire Version 2.1, which assesses the impact of migraine on an individual's quality of life. Migraineurs in the control group were only using triptan medicine and did not undergo any other therapy. This group recorded the number of migraine attacks and the frequency of use of acute analgesics in the same way as the experimental group. Paired two sample t-Test and relative frequency statistics were used for data analysis.

Results: A total of 90% of the probands of the experimental group experienced an increase in the quality of life according to the Migraine Specific Quality of Life Questionnaire. There was a reduction in the number of migraine days in 80% and a reduction in the quantity of acute analgesics used in 70% of the probands of the experimental group. There were no significant differences between input and output examination in the migraine control group. The results of the individual probands of the experimental group in the MSQ input and output examinations, the number of migraine days and the quantity of acute analgesics used demonstrated statistical significance at the $\alpha = 0.05$ level.

Key words: headache, quality of life, analgesics, triptans