Predictors of Headache in Urban and Rural setting from Malta: a cross-sectional study.


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**Methods**

In the RESPRA-study questionnaires were collected from parents of 2071 children aged 10-15, Male:Female ratio 1:1.43. Maltese and Sicilian children were included. Parents were asked whether their child had ever had headache. If positive, daily, weekly, monthly, parents were asked if they had ever had any of the following symptoms? Headache.

**Results**

- **Prevalence rate of any headache**
  - Urban: 10.00%
  - Rural: 12.00%
  - Male: 14.00%
  - Female: 16.00%

- **Prevalence rate of frequent Headache**
  - Daily: 1.00%
  - Weekly: 2.00%
  - Monthly: 3.00%

- **Predictors of Headache**
  - Urban: Male, age, smoking
  - Rural: Male, age, passive smoking

**Conclusion**

1. No urban-rural difference noted
2. Male gender protected against headache
3. Rhinitis symptoms predicted headache
4. Cough predicted headache.
5. Mould and humidity in the bedroom were independent predictors of headache
6. Use of Asthma Medicine predicted headache but not frequent headache
7. Possible effect of living close to busy traffic.
8. Possible effect of respiratory infection in the first year of life

**Key points**

- **OR**
  - 1.000 (95% CI 0.991-1.009)
  - 0.965 (95% CI 0.957-0.973)
  - 3.000 (95% CI 2.997-3.003)

**Prevalence rate of any Headache**

- **Prevalence rate by frequency**
- **All**
- **Urban**
- **Rural**

**Predictors of frequent Headache**

- **PA8 Rx-Resp Inf 1st year**
- **PA25 Rhino-Congjunct**
- **PA7 Early ETS**

**Prevalence rate by frequency**

- **daily**
- **1/week**
- **1/month**

**Prevalence rate by frequency**

- **daily**
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**Further reading**