

A Prospective Preventive Vision in Social Work for Dealing with Stresses Associated with Migraine

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Abstract

This research focuses on the qualitative analysis of various articles and published studies that are available online about the migraine disease. The World Health Organization categorizes migraine as the second type of chronic disease in the world and ranked third among the chronic diseases in the Arab community. The social, cultural, and economic dimensions of this malady call for wide-ranging analyses, interpretation, and evaluation. Such efforts represent a social initiative toward addressing the issue, where social work seeks to develop capacities of individuals to handle their problems in addition to the competencies of various systems they interact with. This will further develop the social policies in the prevailing environment of continuous development of information technology and digital transformation that the social institutions are increasingly embracing, in line with Vision 2030. Such progress is presenting challenges to individual people along many dimensions. Therefore, quality in human life improvement has to take an integrated view of all physical, psychological, intellectual, and social dimensions in the individual's life and promote processes of adaptation and compatibility on a positive, motivated, and productive level.

Previous research and studies in the field of human well-being have indicated the existence of chronic diseases that have an impact on the individual's social interaction and relationships, both social and functional. One disease in particular, which is colloquially called "Migraine", is not a brand-new affliction but rather an old one that was dealt with and treated with both traditional and new methods to alleviate the painful effects of its repeated episodes. Migraine has no known agreed-upon etiology among researchers and physicians; some attribute it to hereditary causes and others to neurological causes because it's considered a neurological disorder. Due to the lack of society's awareness, patients' suffering has increased, which negatively impacts both social and professional life. The study's problem can be identified as an attempt to reach a prospective preventive vision in social work with stresses associated with migraine along with the resulting problems.

Keywords: Migraine – Stresses – Prospective Vision – Preventive Approaches.

1. Introduction

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diseases in the Arab community. The social, cultural, and economic dimensions of this malady call for wide-ranging analyses, interpretation, and evaluation. Such efforts represent a social initiative toward addressing the issue, where social work seeks to develop capacities of individuals to handle their problems in addition to the competencies of various systems they interact with. This will further develop the social policies in the prevailing environment of continuous development of information technology and digital transformation that the social institutions are increasingly embracing, in line with Vision 2030. Such progress is presenting challenges to individual people along many dimensions. Therefore, quality in human life improvement has to take an integrated view of all physical, psychological, intellectual, and social dimensions in the individual's life and promote processes of adaptation and compatibility on a positive, motivated, and productive level.

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Study Problem

Social work aims to effectuate deliberate social transformation for individuals, their families, and communities, both in personal and professional contexts. This endeavor involves altering challenging circumstances and work environments by equipping individuals with coping strategies that enable them to manage various pressures effectively. (Al-Rantisi, 2017, p. 95).

There are indeed various methodologies to social work, yet all are directed toward the service of helping people, improving their environment, and enabling them to deal more effectively with the problems and challenges met in the performance of their roles in society. One of the most apt examples of such methodology is the preventive method, which involves various professional undertakings performed by social work professionals to avert anticipated social issues, especially in groups most susceptible to these risks. According to Robert Barker, preventive social work is described as the strategic planning, organization, and delivery of services before the emergence of problems. Otherwise, he has also argued that this kind of social work refers to the efforts and initiatives carried out by professionals along with the community members in preventing, mitigating, or eliminating conditions contributing to a variety of problems, especially those related to social and health concerns. Prevention also encompasses the development of a social environment that offers possibilities for individuals, groups, and communities to play active and positive roles in carrying out their social functions. (Abu Al-Nasr, 2021, p. 5).

The Kingdom of Saudi Arabia demonstrates a significant commitment to social work within the medical sector. It has been indicated that the social work in the medical field constitutes the main element of the healthcare structure in every health sector. The role, as stated earlier, would be based on the belief that social specialists are playing a critical role in offering patients and their families the needed support. The social and psychological support provided by the specialists assists the patients in their adjustment socially. Individual needs are to be diagnosed and appropriate services initiated as far as possible to ameliorate the social causes of disease. Social work, on the other hand, by pointing out the stresses linked to the illness, attempts to obtain partial or complete modification of the patient's situation or surroundings for the better facilitation of his or her readmission into the community. It calls for cooperation and coordination; the nature of human well-being is complex and generally encompasses social, physical, mental, and psychological aspects. Cooperation among the patient himself or herself, health professionals, nursing personnel, medical facilities, families, and friends is required for providing such social services. This cooperation in this regard befits the very vision statement of this noble profession: a statement to actualize comprehensive health through the emphasis on its social aspect. (Policy and Procedures Guide for Medical Social Service Departments 2022).

Previous studies have indicated the role and importance of social work in the medical sector which include:

Al-Faheed's study (2012) sought to assess the contribution of medical social work within primary health care, focusing on the viewpoints of both social workers and patients. The investigation involved a sample comprising 700 patients and 153 social workers professionals at a primary health care facility in Medina. The findings indicated that participants expressed satisfaction with the social worker's role in primary health care. Additionally, the study highlighted the significant influence of social workers in facilitating treatment acceptance among patients.

Al-Anzi's study (2011) seeks to evaluate the quality of social services offered by primary institutions and to assess the level of client satisfaction regarding these services. The study involved 300 participants, including both clients and social specialists, and concluded that there is a general acceptance of the social services provided, along with a notable degree of client satisfaction.

In today's society, individuals navigate a landscape characterized by numerous conflicts and pressures, which have become the defining elements of this period. The complexities and stresses inherent in modern life contribute to this phenomenon. Individuals encounter pressures when confronted with challenging situations that are often unpredictable or beyond their control, particularly when they lack the necessary resources to manage these challenges. Conversely, individuals may also face relatively straightforward pressures; however, if they possess the requisite skills and capabilities to address these situations, such pressures do not pose significant difficulties and are less likely to induce stress. (Brendelo et al. 2017, P9).

Migraine is one of the chronic diseases that affect more than one billion people worldwide every year, which makes it one of the most prevalent diseases around the world, especially among the youth regardless of gender. Also, migraine has a vast suite of accompanying diseases, which vary from fatigue to sleep apnea all the way to suicide.

Migraine is a neurological condition, with a genetic background, which is characterized by episodes of moderate to intense unilateral headache, often accompanied by nausea and hypersensitivity to light and noise. These episodes, as they are more commonly known, may last anything from a few hours up to days, making everyday living rather significantly difficult for the subject. The migraine triggers are highly individualized and differ profoundly among the subjects. They may include stress, hormonal changes, some food items, and environmental factors. Migraine attacks recur and are complex neurological events. The most common type of migraine-about 75% of the total cases-is migraine without aura, which does not have early warning signals that usually herald a headache.

Migraine is a cause of great stress to the sufferer and impairs his or her performance and adjustment in his or her immediate environment. This situation is usually compounded by the ignorance of the general public about the true nature of the illness, with many misjudging the degree of the episodes experienced by an affected individual. Consequently, migraine patients are anxious, under pressure and apprehensive over the fear of possible future episodes.

Therefore, people feel stress when they realize the inability to balance the demands of life with the capability to respond to those demands. At that stage, one may perceive pressure mounting on him or her. But if the person could adapt himself or herself to those pressures, it would be bearable. Long-term stress could affect their decision-making capacity, could reduce their socializing, and also pop up in different physical conditions. (Al-Hamaqi, 2016, p. 159).

The study of Nabil and Muhammad (2016) depicted that stress leaves many adverse effects on the individual and his physical safety, causing him to suffer from many physical diseases. It is, therefore, essential to work on confronting or alleviating the pressures that every individual faces, be they those of life, work, or health, in order for them to efficiently and effectively do their jobs and to work on designing programs and activities that alleviate such pressures.

Severe repeated or continuous stresses can lead to physiological or psychological changes; they can also lead to social interaction changes; hence, which damage the individual's relationships with others and their ability to achieve their goals.

There is a firm resolve in modern society to focus our cumulative human efforts on growth and progress. The most glaring problem that should draw the attention of experts across different specialties is the treatment of migraines. Migraine is a chronic disease that shares a nexus with many psychological, health, neurological, and social dimensions, the impact of which spans all age groups of the population. While it is observed that there is an increased incidence in women, children, adults, and elderly individuals also suffer from repetitive migraine attacks. With the increasing emphasis on public health projects that target prevention and treatment, there is nevertheless still considerable community ignorance about the subject of these headaches. Furthermore, the social and occupational environments in which people function need to be improved further to help the people affected by migraine because this can greatly affect a person's life course.

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Recent medical breakthroughs have resulted in a treatment cycle of injections administered monthly for six months, following which the condition of the patient is reviewed. Yet, this treatment is extremely costly, which makes it unaffordable for patients with limited incomes. It is estimated by studies that almost 50% of migraine sufferers are inadequately treated. This fact is also confirmed by the World Health Organization. Migraines may appear in different forms, but the most common are periodic headache attacks, which can last from four hours up to 72 hours and even more. Whereas some patients experience symptoms of warning before the attack, others may suffer a sudden onset, making this illness quite frustrating, stressful, and nightmarish for the patients and families alike. It is highly prejudicial to professional performance and brings about devastating changes in psychological well-being for both the patient and family and economic stability. It is important that many specializations be involved in dealing with the multidimensional problem at hand, especially in the field of social work. This is basically a humanitarian profession geared toward the betterment of individuals and the rendering of aid in various forms. Social work includes many strategies and interventions geared toward helping individuals, families, and communities with the purpose of lessening the impact of adversities experienced. It is a profession that not only addresses the issues at hand but also includes preventive measures to curb the emergence of other problems in the future. Given the different aspect of migraine, social work has a large role to play in its management. This study intends to develop a proactive and preventive framework within social work that will help to reduce the stress associated with recurrent migraine episodes and the subsequent challenges they present.

Study Significance: The study's significance stems from the following factors:

1. Human health is both a development mechanism and a catalyst, since human capital is an integral aim of the Kingdom's Vision 2030. It is, therefore, very important to consider the needs

of the people and help them to overcome challenges that would be a barrier to their performance so that society can develop sustainably.

2. This research aligns with the recommendations of the Saudi International Headache Conference, which highlighted the importance of raising awareness about migraines.

3. The statistics of this disorder are concerning, as it is estimated that 15% of the population of the world is affected by this disorder, whereas 70% of such patients do not receive proper treatment and 50% reach doctors.

4. Increasingly, alleviating the burdens of chronic diseases that individuals encounter throughout life forms part of a critical preventive strategy that targets improving the overall quality of life.

5. Promoting awareness, particularly in the context of digital transformation within social institutions, is crucial for ensuring that services are accessible to all members of society and that the necessary care is provided.

Objectives of the Study

1. To critically review the e-newspapers and websites in order to judge the current state of awareness regarding the culture of migraine management.

2. To explain the preventive roles of social work services in minimizing the stresses associated with the condition.

3. To develop an anticipatory model for social work that would mitigate the burdens caused by migraine episodes.

Study Questions:

1. How is the culture surrounding the management of migraine headaches represented in Saudi newspapers via electronic media?

2. What preventive measures can social work implement to alleviate the stresses linked to this condition?

3. What prospective strategies can be proposed for social work to mitigate the stresses associated with migraine episodes?

First Study Concepts:

1- Migraine:

A migraine is defined as a headache, usually of severe, throbbing pain, generally on one side of the head, often accompanied by nausea, vomiting, and sensitivity to light and noise. The duration of an attack can vary from a few hours to several days, and the pain can be so intense as to intrude on the ability to carry out routine activities. But some will also have a warning symptom called an aura, which can be visual in nature, such as flashes of light or blind spots; other times it will be sensory in nature, such as tingling sensations on one side of the face or limbs; and, more rarely, problems in speech. (Mayo Clinic Staff, 2023).

Migraines are characterized by recurrent episodes of moderate to severe throbbing pain localized to one side of the head. The mechanism behind it is the stimulation of nerve fibers in the walls of the cerebral blood vessels that are contained by the meninges—three membranes that protect the brain and spinal cord. Untreated, migraine episodes may continue from a range of four to seventy-two hours. Other common symptoms are sensitivity to light, sound, nausea and vomiting. (Department of Health and Human Services, 2024).

Migraine defined procedurally in the study as:

1. Characterized by recurrent episodes of headache that preceded by sensory disturbances.
2. Such episodes are followed by transient symptoms and disturbances, such as problems of speech or language, muscle weakness, and blind spots (scotomas) that can appear as simple shapes like a zigzag line or a geometric shape that gradually expands across the field of vision.
3. The condition creates a sense of anxiety and fright in the patient, which intensifies the severity of the headache episodes.
4. It adversely impacts the patient's professional performance and social relations.
5. The disorder brings different psychological, social, physical and mental stresses on the patient.

2- Social Stresses: Stress can be defined as a force that acts upon an individual on physical, psychological, or social levels, thereby affecting their performance as well as relationships with others. Social pressures are essentially outside forces that can be strong enough to "overwhelm" a person, rendering them incapable of coping alone, and this hurts their health, sanity, and overall functioning. Also stress can be defined as a physical, mental, or emotional strain or challenge that occurs in response to a wide range of demands, including environmental, situational, and personal types of demands.

Stress: A Personal Experience. The effects of stress differ from one person to another; some may be affected by it, while others are not. This depends on how each perceives things. Psychologists have approached this in three different ways: looking at stress as stimuli, looking at it as responses, or looking at it as an interaction between the person and their environment (Balsheikh, 2023).

1. Stress as stimuli: This involves any external or internal factor that imposes a burden or pressure on an individual.
2. Stress as responses: This perspective considers stress to occur when an individual's ability to cope with various pressures in life becomes inadequate relative to the demands placed on them. Reactions to stress can be in three forms: psychological, physical, and behavioral.
3. The interactive approach: This model interprets stress as an interaction—dynamic in nature—between the individual and their environment, in consideration of biological, psychological, and sociocultural elements that build one's reaction to stressors.

Stress can be defined procedurally as:

1. A collection of difficulties and issues that is characterized by psychological and behavioral characteristics that an individual encounters.
2. Resulting from the failure to carry out positive interactions that have a very bad effect on mental health and personal behavior.
3. Determines general quality of life, professional success, and familial stability for individuals.
4. Shows life-threatening conditions that a person experiences, such as chronic diseases that persist over an extended period.
5. The chronic and recurring nature of such obstacles leads to the draining of the energy reserves in the body.
6. As a direct consequence, the body's resilience decreases, adaptive capacities are lost, the severity of the condition increases, and this can finally lead to death.

3- Prospective Vision:

Prospective as a concept is exploring which futures are possible vis-à-vis set goals through quantitative methods analyzing current and past data and qualitative methods: deriving sense from the subjective interpretation of persons viewing the unfolding of events. It is of relevance that such foresight is based on variables that can inform policy adjustments. (Al-Wasif and Al-Mahri (2015). Foresight studies embrace three key elements traditionally found in most definitions: speculation, projection, and forecasting.

Speculation: Researchers refer to this concept as the process of constructing a comprehensive understanding of events anticipated in a future timeframe. This speculated future is shaped by the influences of innovation and the scientific creativity of the researcher as they endeavor to conceptualize this imagined future.

Projection: The term pertains to the process of comprehending and interpreting the progression of events from the present into the future. It involves recognizing the trajectory and characteristics of change by utilizing various information regarding the current situation, analyzing this data, and applying it to gain insights into future developments.

Forecasting: The process involves attempting to formulate a varied vision of the future that is plausible, while concurrently examining the factors that may contribute to the realization of this envisioned future. (Tariq, 2008, p. 35).

Can be defined procedurally as:

A- Developing a multifaceted vision of potential future scenarios through the examination of current realities.

B- Offering a cohesive proposed framework from a social service standpoint to address the challenges related to headache attacks in the future.

C- It relies on a structured approach that considers social, economic, and health-related factors.

D- It is founded on collaboration among the various sectors that individuals interact with.

4- Preventive Approaches in Social Work

Preventive social work is a service that provides professional assistance to clients so that they do not experience any more social problems. Such assistance is intended for the provision of vital information and the formation of necessary attitudes and skills for a person to be able to function under difficult, stressful or crisis situations. The concept of a preventive approach in social work is expounded as a research-based comprehensive approach incorporating all the preventive programs, which are created for specific preventive purposes and implemented according to certain ways (Abu Al-Nasr, 2008, p. 63).

The preventive approach in social work defined procedurally as:

A- A cohesive scientific approach grounded in one or more theoretical frameworks, incorporating terminology and concepts pertinent to the field of social work.

B- It encompasses a range of professional activities designed to enhance and promote awareness of healthy behaviors.

C- It offers a comprehensive body of health information to patients, their families, and workplaces to foster understanding of strategies for managing migraine-related stresses.

D- It relies on the collaborative efforts and integration of diverse governmental, non-profit, and charitable organizations to support individuals and families.

Procedural Framework for the Study: This study discusses in the procedural framework a couple of concepts and previous studies as follows:

Second: previous studies:

The Al-Salmi (2022) study aimed to assess the impact of social awareness on chronic disease management. Employing a social survey design, this research targeted a sample population selected from patients with chronic diseases attending the King Abdulaziz University Hospital in Jeddah. The sample size was 125 respondents. A questionnaire was used for the collection of data. The findings have thrown up several important insights, especially that the sample of patients had low levels of education and economic status, apart from having a relatively good employment status, which seemed to influence their state of health. The mean response score on the factors responsible for the cause of chronic diseases was 3.375 with a standard deviation of 0.5266, which indicates moderate levels of awareness among the respondents. Major contributors cited were physical inactivity, psychological stress, obesity, smoking, and genetic predispositions. On the other hand, participants were very much aware of factors that help them cope with chronic diseases, having scored an average of 3.66 and a standard deviation score of 0.461. The major contributors to this coping factor were living a life with a balanced diet, accepting and adapting to the illness, and personal contentment. The study has placed emphasis on increasing social awareness and health education in the approach to the prevention of chronic diseases, suggesting more vigorous awareness campaigns to educate the general public on risk factors and preventive measures through various media channels.

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Fleish (2020) conducted a study to find the level of acceptance of chronic pain among subjects with chronic diseases. It also served to explore the importance of differences in pain acceptance with regard to gender and age while further exploring the role of social support systems—namely family, friends, and government—in promoting acceptance of chronic pain among its subject population. The instruments were the Chronic Pain Acceptance Scale and the Social Support Scale. Results indicated that among the participants, females accepted their chronic pain more than their male counterparts. Furthermore, a statistically significant positive correlation between social support and acceptance of chronic pain was also found in the study. The results show that all forms of support from family, friends, and government contributed to pain acceptance, with support from friends having the most significant influence on acceptance among those with chronic pain.

Murad (2021) carried out a study on the influence of social support on psychological distress among workers with chronic diseases under treatment in a health facility in Adrar. The objective was to study the nature of the relationship between social support and psychological stress, as well as differences related to gender in social support and in psychological stress associated with specific chronic diseases, such as diabetes, hypertension, and disabilities related to traffic accidents. The researcher used a social support scale to evaluate a sample of employees with chronic diseases receiving care at the hospital in Adrar. On the other hand, results related to differences in levels of social support at the healthcare facility, according to gender among employees with chronic diseases undergoing treatment, indicated no statistically significant differences.

Interpretive framework for community awareness for migraine: This framework discusses the current status of migraine in Saudi society, reaching a prospective vision to deal with the effects of recurrent episodes of the disease and their impact on the patient's life, relationships and productivity through the following steps:

1- Analyzing the reality of previous studies and research related to migraine that was conducted in different regions in the Kingdom of Saudi Arabia.

2- Diagnosing the reality of Saudi newspapers and e-newspapers that cover multiple places in the Kingdom of Saudi Arabia, as they are important platforms in spreading cultural awareness about migraine.

First: Analysis of the reality of previous studies in the field of migraine

The studies addressed migraine disease in many angles and in different regions of the Kingdom in the period from 2018 to 2023. The researcher tried to have these studies and research applied to different regions of Saudi society as follows:

The research conducted by Albalawi (2023), titled *The Prevalence of Migraine in the Kingdom of Saudi Arabia: A Systematic and Analytical Review*, found that the prevalence of migraine in Saudi Arabia is 0.23% higher than in other regions of the Middle East. This condition significantly affects individuals' quality of life, productivity, and economic capacity, thereby exacerbating the overall health burden. The study emphasizes the importance of early detection, lifestyle changes, stress management, and the reduction of caffeinated beverage consumption. Nevertheless, it calls for additional research across various regions of Saudi Arabia to achieve more precise findings.

Also, Alkahtani (2022) research sought to assess the public perception and attitudes regarding migraines in Jeddah, Saudi Arabia. The findings revealed a detrimental effect on the quality of life for individuals suffering from migraines, with depression and anxiety identified as the most prevalent consequences. Additionally, the study highlighted a significant gap in knowledge concerning various facets of migraines within the Jeddah population.

Alkahtani (2022) seeks to assess the effects of migraine on both work productivity and overall quality of life within the general population of Riyadh, Saudi Arabia. The study involved data collection from 223 individuals diagnosed with migraine, revealing that the condition adversely affects both the quality of life and work capabilities of the patients. Consequently, it is recommended that awareness initiatives be implemented to highlight the significance of early migraine diagnosis.

Al Ghadeer 2021, study "Quality of Life and Disability among Migraine Patients: A Study in Al-Ahsa, Kingdom of Saudi Arabia," identified a notable correlation between the disability associated with migraines, the functional capabilities of patients, and their overall quality of life.

Al-Zubaidi's study, conducted in 2019, hypothesizes that vitamin D, calcium, sodium, and potassium levels are in some way related to the occurrence of migraine among Saudi women. The sample consisted of 91 individuals who were diagnosed with migraine and 54 healthy ones. Data was retrieved regarding some demographic and health-related variables such as age, weight, height, marital status, education, medical history, and vitamin and dietary supplement intake. All blood samples were assayed for the concentrations of vitamin D, calcium, sodium, and potassium at the chemistry lab in King Abdulaziz University Hospital. Indeed, no significant differences in mean levels of vitamin D, sodium, and potassium were detected between subjects with migraine and healthy controls. However, serum calcium was substantially lower in the ones suffering from

migraine than in the control group. This was statistically significant, and it means that migraine patients had lower calcium levels compared to control individuals, and other parameters did not change significantly. Additional studies in establishing this connection or relationship between calcium deficiency and migraines are recommended. Furthermore, a clinical trial investigation should be conducted with a strict study design regarding the effect of serum vitamin D, calcium, sodium, and potassium levels on migraine development risk.

Almalki (2018) study centered on the incidence of migraine in Taif, Saudi Arabia, and it revealed that migraine constitutes the third foremost cause of disability for individuals below 50 years of age. The central aim of this research was to evaluate the prevalence of migraine in the urban locale, ultimately concluding that this condition is significantly widespread in Taif. The findings demonstrated a heightened incidence among females and within urban environments, along with a correlation to rising unemployment rates. However, it is noteworthy that the majority of individuals afflicted by migraines in Saudi Arabia report enduring moderately severe, throbbing headaches.

Khairualsindi (2018) study aimed to evaluate the patterns of headaches encountered by medical students at the College of Medicine, Umm Al-Qura University (situated in Makkah Al-Mukarramah, Kingdom of Saudi Arabia). This study included a sample size of 623 students and disclosed that recurrent headache episodes emerged as the most commonly diagnosed ailment across both genders. Furthermore, it was noted that migraine without aura was more prevalent among female students. The main methods of treatment identified were the administration of simple analgesics, getting sufficient sleep, and the consumption of caffeine. These findings imply a potential detrimental impact on academic performance; however, further investigation is needed. It is, therefore, advisable to engage in additional research that focuses on interventions designed to mitigate the prevalence and consequences of this widespread issue.

By extrapolating the results of previous studies, the following can be noted:

- 1- Migraine in the Kingdom of Saudi Arabia in 2023 is estimated at 0.23%, which is a large percentage that cannot be ignored.
- 2- Migraine has a significant impact on the quality of life, productivity, and economic capacity.
- 3- Migraine causes depression and anxiety among patients.
- 4- There is a lack of knowledge about the different aspects of migraine.
- 5- Migraine affects the patient's ability to work by hampering the work ability.
- 6- Migraine is more prevalent among females, and in urban areas.
- 7- Most Saudi who suffers from migraine have a somewhat severe throbbing headache.
- 8- Migraine may lead to unemployment.
- 9- Recurrent tension headaches are the most common among both genders of medical students at Umm Al-Qura University.
- 10- Migraine without aura is more prevalent among females.

11- The treatments mentioned are only simple painkillers, sleep, or drinking caffeinated beverages.

The findings show the pressing necessity for augmented awareness regarding this disease and its multifaceted perils that encompass health, medical, psychological, and social realms. It is imperative to alleviate detrimental effects suffered by individuals afflicted by migraines—who endure recurring pain that profoundly influences their social, economic, physical, and psychological well-being. Furthermore, the ramifications of this condition reach beyond the individual, manifesting in diminished productivity, increased absenteeism, and higher unemployment rates. Despite its status as one of the most widespread afflictions, it remains under recognized in the context of societal cognizance; treatment options are predominantly confined to analgesics and alternative remedies. This situation necessitates a concerted effort toward enhanced research (and a comprehensive approach) to comprehending the condition, particularly because the enigmatic factors contributing to its onset can ensnare individuals throughout their lives. Although episodes occasionally extend beyond 73 hours, depending on the patient's unique circumstances, however, the collective understanding of this ailment remains insufficient.

However, addressing this issue is complicated by the lack of public understanding and stigma associated with chronic pain conditions. Previous investigations have underscored the paramount significance of awareness campaigns; the researcher contends, however, that a successful awareness strategy necessitates considerable effort, time, and collaborative engagement among all stakeholders. This is particularly true because alignment and cooperation are essential for maximizing impact. Although challenges may arise, the commitment to these endeavors will ultimately foster a more informed public.

Third analyzing the reality of Saudi articles and e-newspapers

E-journalism is used as a fast medium for spreading awareness among the population because a lot of Saudi citizens are frequent readers of them due to their ability to keep up and discuss a lot of recent and new issues worldwide. Migraine is one of those hot topics on the table of discussion around the world, which made the Kingdom of Saudi Arabia pay close attention to it due to the Kingdom's commitment to the overall betterment of its citizens and residents according to Vision 2030. Thus, analyzing the articles published in Saudi e-newspapers helps paint the prospective vision of this study.

Table 1 Paper, Publication year and Issue

Year Paper	2019	2020	2021	2022	2023	2024
Al-Riyadh	-	-	-	2022/4/23	2023/6/22 2023/10/29	2024/9/26
Al-Yaum	-	-	2021/7/9	2022/12/10	2023/10/29	2024/5/15 2024/9/12
Al-Madina	2019/3/14	2020/3/4	2021/12/9	2022/10/30	-	-
Al-Jazirah	2019/9/12	2020/2/19	2021/8/6	2022/9/15	2023/11/20	
Asharq Al-Awsat	2019/1/25	2020/11/20	2021/3/31 2021/6/8	-	2023/6/29	-

The preceding Table No. (1) Illustrates the Saudi e-newspapers that are instrumental in disseminating news and significantly contribute to the enhancement of cultural awareness, the formation of public opinion, and the facilitation of social discourse. A selection of six newspapers has been selected, as indicated in the aforementioned table, due to their extensive reach and coverage across various regions of the Kingdom, thereby constituting the study sample. The researcher undertook an analytical review of newspapers and issues addressing migraine from 2019 to 2024, aiming to analyze the current discourse and the ideas presented as strategies for raising awareness about migraine through e-platforms. This initiative seeks to provide the latest information to the public, particularly Saudi citizens and residents, with the objective of anticipating future challenges from scientific, social, and humanitarian perspectives, thereby fostering a holistic understanding of the disease.

1- Al-Riyadh Newspaper: It is considered one of the most prominent daily Arabic newspapers in the Kingdom of Saudi Arabia. The newspaper was founded in the Saudi capital, Riyadh, and its first issue was published on May 1, 1965. The newspaper discussed migraine disease in four issues as follows:

The Saudi Society for Pharmaceutical Education (Dawa'i) has launched an awareness campaign entitled "Taslam Rasak" regarding migraine prevention and proper treatment methods on 23rd of April 2022. The objective of that campaign was to engage different sections of society using social media channels in order to improve public knowledge as well as education regarding migraines. This condition affects about 13.8% of women and 6.9% of men, affecting one in every ten people, while local studies have shown a prevalence rate of 12%. The campaign's June 22, 2023, issue has pointed to common misconceptions about the condition, which is usually characterized by severe symptoms being ignored as just headaches, potentially leading to delayed diagnosis and treatment with serious health and economic consequences. It discussed the causes and effects of migraines and referred to the World Health Organization's view, which classifies migraines as the second most common cause of disability and absenteeism at work worldwide. The campaign highlighted the dangers of ignoring symptoms and how this calls for further education on public health and increasing the capacity of the medical care system. During the meeting at the Doctors' Diwaniya in Al-Khobar, which was held in the October 29, 2023, issue, consultant neurologist Dr. Majed Al-Abdeli at King Fahd University Hospital and assistant professor at Imam Abdulrahman bin Faisal University revealed that migraines have been classified by the World Health Organization as the second leading cause of disability after lower back pain and the third most prevalent disease in the world. Migraine is a chronic condition that is characterized by recurrent episodes that appear with specific neurological features, leading to disability. Though not hereditary, the chances of suffering from it are greater if one of the parents have the problem. Its prevalence was discussed, and it was found to affect one in five women, one in 16 men, and one in 11 children. In addition, the existing peer-reviewed articles from medical journals reveal that one in every four families has a patient suffering from migraine. Emphasis was given by the speaker on the fact that contemporary medicines raise the cure rate to over 85%. However, he noted that lack of awareness as well as aversion to consulting a medic creates massive barriers to the treatment of this disease and reduces its burden. In issue 9/26/2024: "Migraine Withstands New Medications" A critical look at these medications revealed that new drugs developed for treating migraine do not prove to yield substantial benefits

compared to some of the traditional analgesics. There are several medications in the treatment of migraine pain, not including those used in preventing or decreasing the frequency of migraine episodes, which have been proven to also be quite costly.

A previous review of issues covered in articles published by Al-Riyadh newspaper dealing with migraine shows that the newspaper has launched a series of articles to raise awareness about it. In addition to this campaign, the newspaper included two articles discussing common misconceptions concerning migraine. These articles showed the lack of awareness of society about this and the need for health education and medical consultation for people about their disease. These articles also included medical facts and worldwide prevalence rates of migraine and how contemporary medications can ease the pain up to 85% or more. They have also emphasized risks in connection with a lack of awareness. A scientific article was cited, from which two major findings emerged: one, the medicines used to treat migraine are mostly painkillers, and two, when there are painkillers that can last longer, they are usually expensive. In conclusion, the researcher makes a strong case that the demand for increased efforts and research for comprehensive knowledge of the physical, mental, psychological, and social realms concerning people suffering from migraines and their families and agencies is overwhelming. This includes explaining the consequences of painkiller consumption and how to reduce the side effects associated with long-term use. Accordingly, the researcher asks if there are other preventive measures available to reduce stress and its effects.

Al-Yaum Newspaper: is headquartered in Dammam, in the Eastern Province, and it tries to focus on cultural awareness and education. On September 7, 2021, it published an article entitled "Dietary Treatment for Migraine," which explained, in simple terms, the characteristics and symptoms of migraine—stating that pharmacological treatment merely reduces the intensity of migraine episodes. It emphasized dietary intervention, focusing on how some foods might be involved in either increasing or reducing the suffering from headaches. Such an approach using diet is a non-pharmacological one and may fit well within the framework of precision medicine, enabling a personalized view of care for the patient. On October 12, 2022, the newspaper published a second story titled "Ice, Relaxation, and Caffeine: The 6 Most Famous Ways to Help You Treat Migraines," which focuses on the multifaceted nature of migraines, characterized by a neurological disorder with different manifestations of symptoms.

The article emphasized the importance of prevention and early intervention in the management of migraine. It recommended some ways to cure the pain of migraine and also to stop their severity, like putting cold compresses on the area where there is pain to give relaxation, resting quietly in a dark room since the migraine patient becomes hypersensitive to light and noise, using caffeine to assist other medicines to work better, though in limited quantity, meditating to reduce the migraine episode, and ginger as a natural pain killer. It also stressed the fact that whereas some foods can trigger migraine episodes, others can help people cope with the disease. It also cited that massage therapy is among the best methods of relaxation and self-care people can apply to get rid of stress. The newspaper published two articles on migraine in 2023 on September 14, stating that migraines afflict 25% of the Kingdom's population.

The Brain and Nerves Department, represented by the Headache Unit, in cooperation with the Health Awareness Unit at King Fahd University Hospital in Al-Khobar affiliated with Imam

Abdulrahman bin Faisal University, has celebrated the "Migraine Awareness Week." In the celebration, panels of doctors from the University Hospital have spoken about the symptoms of migraine headaches, where women are more prone to being attacked. They went on to discuss the different treatment strategies for migraine that included preventive methods for the pre-headache stage, treatment during episodes of migraine, and supportive medical methods, including the use of cold compresses, keeping hydrated, and avoidance of known triggers. Since migraine episodes are hard to prevent due to the many factors that can influence them, community awareness campaigns have been focused on educating people on lifestyle changes and other preventive measures that can be used to avoid painful episodes. Another article dated October 29 is titled "Migraine is not just a headache. New medications treat 85% of cases." Consultant Neurologist Dr. Majed Al-Abdeli, working at King Fahd University Hospital in Al-Khobar and an assistant professor at the College of Medicine at Imam Abdulrahman bin Faisal University, has explained that migraine is a chronic disease characterized by recurrent episodes with specific neurological features, which can lead to a state of disability. Statistics from the World Health Organization for the period 2021-2022 show that about 1.2 billion people worldwide suffer from migraine episodes. Recent international studies, which have also been conducted in the Kingdom, have placed the prevalence rate of the condition between 12% and 26%, according to the classification of the World Health Organization. Moreover, Al-Yaum Newspaper published two articles in 2024 on migraines. The first article, published on May 15th, stated key recommendations from the Saudi Global Headache Conference, which was held in Riyadh under the patronage of the Saudi Commission for Health Specialties. This conference aimed at enhancing the health of citizens and improving quality of life, where it focuses on the primary health care that plays a crucial role in the diagnosis and management of migraine. It underscored the necessity of training primary care physicians to accurately identify symptoms and provide appropriate treatments. The second article, published on December 9, featured insights from Dr. Muhammad Bakr Saleh Qandiya, a consultant in family and community medicine, who discussed migraines as a prevalent form of headache characterized by intense pain. He explained different kinds of migraine episodes, including the "common migraine," which does not have warning signs, lasts longer, and interferes with daily activities. Though the causes are still unknown, he pointed out the risks attached to migraines and emphasized the importance of early medication intervention during the episode. He also suggested preventive strategies to reduce the frequency and intensity of migraine episodes, for example, regular eating habits, not skipping meal times, resting regularly while avoiding staying up late, and exercising regularly.

Taking the above observations and the previous four years' discussions of Al-Yaum e-newspaper into consideration, the publication has fully discussed many articles related to health care, especially for the case of migraine, which has been reported in more than 25% of the Saudi population, most prevalent among women. Each article provides a reliable definition of headaches, their symptoms, and treatment options from a medical perspective, and prevention advice in order to reduce symptoms. Yet, what is lacking is an inquiry into the psychological, social, and institutional aspects of this chronic condition that threatens the health and well-being of individuals, families, community organizations, productivity, and economic stability. This researcher suggests that despite the nature of these topics being dealt with, which is specialized,

there is an overriding need for a much broader outlook, which seeks to go beyond the medical scope and looks at the general social context from a stable perspective of fostering well-being within society. This compels the researcher to ask about the general preventive measures that will help to protect against the stresses suffered by both patients and their respective families.

Al-Madina newspaper: One of the first newspapers in Saudi Arabia, initially issued in Medina, transferred its management to Jeddah. On March 14, 2019, it had an article titled "10% of the Kingdom's population suffers from migraine," whereby approximately 3 million people suffer from this disease. The article highlighted that migraines disproportionately affect women, where one in every five women suffers from the disease at a rate three times higher than that of men, especially among those in the 20 to 45 age group. On the occasion of International Women's Day, a specialized organization signed a cooperation agreement with the Saudi Neurology Association under the campaign "Let's Move against Migraine," which is an initiative to create awareness and support for those who suffer from a migraine. The pact aims at creating public awareness about the condition and increasing health awareness in patients. Further, an article dated March 4, 2020, cited a report from the Saudi Neurology Association stating that migraine patients lose at least ten workdays per year. The report highlighted the fact that migraines negatively impact workers' mental health, focus, and overall work productivity. Thus, forcing affected individuals to take sick leaves. However, most health organizations do not accept migraines as an excuse for taking time off work. The head of the neurosurgery department at King Faisal Specialist Hospital in Jeddah, Mr. Al-Sayed, emphasized the need for creating awareness among employers of the problems faced by migraine patients and the treatment methods. He pointed out that patients with migraine usually have increased sensitivity to light and sound, suffering from pain that could extend for hours or even days, and most of them are always confined to their homes in a quest for a quiet place that will reduce the severe unilateral headaches. Scientifically, it has been proven that migraine is the second cause of disability, and this pain impairs patients severely from performing their daily activities. It is noteworthy that the Saudi Neurology Society campaign is present on the Twitter platform under the title [#Let's_Move_Against_Migraine](#), and aims to provide medical aid, advice and health guidance on how to deal with migraine, and the means of treating it and alleviating its symptoms, which enables those affected by it to practice their lives normally. On December 9, 2021, an article was published discussing migraine, a common health condition that more often affects women and is described as one of the most painful types of headache. The article explained different kinds, symptoms, and possible causes of migraine. On October 30, 2022, a second article titled "Does tying the head relieve migraine?" included comments from the consultant neurologist Dr. Noura Abdel Wahab, who indicated that there is no scientific proof that this procedure reduces or stops headaches. She also warned that delaying the treatment of migraine would increase its frequency, recurrence, and severity in the future. According to the information presented by Al-Madina E-Newspaper, the articles primarily emphasize the medical aspects of migraine, including its definition, symptoms, and some predictive causes, while highlighting the greater vulnerability of women to this condition.

But from a research aspect, there is an important question of whether patients need to take rest and vacation because of the severity of their symptoms, which many health authorities overlook because it does not constitute a condition that would require such actions. While there is an

article that touches on this matter from 2020, I think medical knowledge probably has changed since that time. Unfortunately, I haven't come across any articles in the subsequent years, nor have I found recent discussions on migraine in the newspaper. This makes me wonder how migraine affects the social functioning and productivity of the sufferers and how the institutions where those suffering from it work respond to it.

Asharq Al-Awsat: The highest-circulating newspaper across the Arab region published an article entitled "Migraine: Causes and Diagnosis" in 2019. According to that article, migraine is described as episodes of pain, usually affecting one side of the head, of a pulsating nature, and with duration of 4–72 hours. Usually, it is accompanied by nausea, vomiting, and light and sound sensitivity. Diagnosis is mainly done by a physician through clinical examination based on the symptoms described by the patient since, till today; there are no specific tests that can confirm the disorder. The diagnosis criteria for migraine were first developed in 1988 by the International Headache Society, and all the main criteria have been described as follows:

- At least 5 episodes (headache attacks).
- Headache episodes lasting 4-72 hours (if untreated or unsuccessfully treated).
- At least two of the following four criteria are present:
 - Headache is unilateral. - Headache type is throbbing. - Pain intensity ranges from moderate to severe.
 - Interference with or avoidance of routine physical activity, such as walking or climbing stairs.
- Headache is accompanied by at least one of the following two criteria: nausea and/or vomiting.
- Intolerance to light and noise.
- Exclusion of other diagnoses with similar symptoms.

Migraine is a chronic disease for which there is no known cure at present, and a two-pronged treatment strategy involving both pharmacological and non-pharmacological interventions is needed. Non-pharmacological treatment mainly consists of lifestyle changes and avoidance of migraine triggers. Because of their general adverse effects in terms of body fatigue, increased stress, and discomfort, medications are not always preferred, even though they relieve the symptoms. Some preventive drugs have been created to reduce the severity of migraine episodes, especially in people who have them four or more times a month. In the 2020 article, "Migraine. A billion people suffer from it worldwide." This neurological disease is noted as the second most common neurologic condition, one that affects women more frequently than men, at a ratio of three to one. Moreover, many children are affected, for some studies show that the annual prevalence can climb to as much as seven percent in school-age children. According to neurologists at the Cleveland Clinic, headaches are one of the most prevalent pain disorders in the world, with more than 150 different types identified. These headaches can be classified into two categories: primary headaches, which are not associated with other medical conditions, and secondary headaches, which develop in conjunction with other health issues. Another article entitled "An injection in the thigh or abdomen. A new treatment ends the suffering of migraine patients," published in 2021, discussed a new injectable drug that targets the treatment of

migraine symptoms. Researchers commented that this new treatment significantly helps prevent episodes of migraine. It should be noted that most migraine treatments currently in use are actually medications repurposed from other conditions and diseases that are often associated with possibly severe side effects.

The 2023 article "Migraine... A Complex Genetic Neurological Disorder" points out that headache and migraine research teams around the world are working to raise awareness about the problems caused by migraine headaches during June, as this period has been chosen as Migraine Headache Awareness Month, or MHAM. This year's theme is "Educate Yourself, Educate Others," which can be furthered through events and programs in physical and online settings. Patients share their personal experiences with migraines, complemented by the leading medical professionals, helping to shed light on this often misunderstood yet incapacitating disorder. The consequences of a migraine episode are not limited to the patient; there is a loss of productivity and absenteeism due to undiagnosed migraines that can result in a significant economic burden on employers and overall society. As a matter of fact, migraines are a more global economic challenge compared to other neurological disorders. Statistically, migraines affect women three to four times as many as men, with men having less severe attacks. In the Gulf region, the number of migraines in women is twice that of men. Though there is no permanent solution to completely eradicate the migraine, the use of certain medications and other techniques helps in managing it. The coverage of migraines in the newspaper reflects agreement among the medical articles, which acknowledge both the historical and modern views of the disease and efforts at conquering it. But with pain relief measures available, the most recent being the preventive treatments just developed that reduce the pains rather than cure them, the focus is on the criteria and signs that must be satisfied for a correct diagnosis. The researcher points out questions in relation to social factors that could facilitate prevention and promote adaptation for patients and their families.

After presenting and discussing the articles that dealt with migraine headaches in Saudi newspapers as a way of spreading community awareness by using technology through e-newspapers, the researcher notes the following:

1. First of all, the emphasis on publishing articles related to migraine disease differed among various newspapers and individual years, as can be depicted in Table No. 1. This trend indicates a changing interest in creating awareness about the illness; however, it is important to note here that there were some years in which no articles regarding the subject being researched were found.

Secondly, it is to be noted that the newspapers agree on one point: that migraine cannot be cured, and most of the sufferers are females as opposed to males.

Thirdly, the publications agree that migraines are a global health threat with rising incidence rates, aggravated by the lack of an effective cure due to the causes remaining mostly unknown, resulting in increased difficulties in early diagnosis. Therefore, general agreement prevails to classify the condition as a chronic disease.

Fourthly, the newspapers collectively agree on the use of analgesics to lessen the severity and intensity of further episodes of migraine.

Fifthly, the literature supports the adoption of preventive lifestyle choices, such as relaxation techniques and dietary changes, in order to reduce headache occurrence and educate patients on what to do upon experiencing the first symptoms of a headache.

Sixthly, there is a general awareness of some warning signs that may occur before a headache or migraine, such as hypersensitivity to noise, visual symptoms including halos/auras, or even blindness for a time. These symptoms may differ from one individual to another.

Seventhly, the appearance of these symptoms requires that preventive measures be taken to reduce the severity of the episode that will follow.

Eighthly, the onset of migraine without warning can take patients by surprise and often result in more severe and prolonged episode, which may then result in great fatigue.

Ninthly, research has established a significant reduction in calcium levels in migraine patients compared with individuals who do not suffer from migraines.

From the above, the researcher notes the following:

1. Treatment of migraine tends to focus on aspects other than health, especially the social aspect.
2. It is also found that issues of how migraine influences social relationships, interpersonal interactions, family dynamics, job performance, and economic status have been poorly dealt with by professionals from different disciplines such as psychology, sociology, social work, and economics.

This calls for developing an active strategy to deal with the consequences and effects of chronic headaches that may persist in a person for a lifetime. "There is a need to explain how social, psychological, and environmental factors are used to reduce the effects of headaches and to develop teams that can provide social support to patients and their families, friends, and workplaces with both governmental and non-governmental agencies getting involved.

3. Two goals of overriding importance, which by no means should be sidelined, are the improvement of quality of life for patients and enabling them with adaptive coping strategies in the domains of prevention, treatment, and resilience-building against the disease. It is also important to note individual differences between patients in terms of abilities, gender, male or female, and age to avoid health complications arising from overdependence on analgesics and their side effects. These side effects can worsen the inability of the patient to cope with the pain, as in the case of migraines that do not give warning signs, making the person apprehensive and fearful of future episodes.

Theoretical guidelines: The study relies in its theoretical approach on more than one theory as follows:

- 1- Cognitive behavioral therapy theory

It is the treatment that is based on the cognitive model, which assumes that individuals' emotions and behaviors are affected by their perception of events. Cognitive behavioral therapy in its various methods shares three basic assumptions: (Ibrahim, 2018 p. 36)

First: Cognitive activity affects behavior.

Second: Cognitive activity can be monitored and changed.

Third: The desired behavioral change occurs through cognitive change.

Cognitive behavioral program:

Abdul-Azim and Al-Nofal (2013) indicated that the cognitive behavioral program is characterized by a set of characteristics, including:

A. Organization: This refers to the therapist's capability to devise a cohesive plan for therapy sessions that comprehensively addresses all aspects of the issue being examined.

B. Flexibility: This entails the therapist's capacity to modify therapy sessions to accommodate the varying circumstances that arise during the therapeutic process.

C. Comprehensiveness: This indicates the therapy program's ability to fulfill all objectives associated with the therapy sessions that pertain to the issue being addressed.

D. Clarity: It is essential that all components of the program are articulated clearly, particularly regarding their formulation and implementation strategies.

E. Specificity: This involves the precise delineation of the overarching goal of the therapy program in procedural terms, enabling the psychotherapist to assess the effectiveness of the interventions applied to the patient.

F. Time Assessment: The psychotherapist assesses, during the initial session, the duration necessary to achieve favorable outcomes for the case benefiting from the therapy program.

G. Goal Formulation: It is crucial to articulate the procedural goals for each therapy session in a manner that allows for measurement and verification of their actual accomplishment.

H. Intervention Determination: This involves identifying therapeutic interventions that are suitable for the specific case and elucidating the methods for their application.

Objectives of Cognitive Behavioral Programs:

Cognitive behavioral therapy is based on three levels; through which the client is helped to gain insight into himself and his problem, which are:

- Cognitive level: by addressing thoughts, perceptions, expectation, knowledge, experiences, and beliefs.

- Emotional level: by addressing issues related to values, attitudes, feelings, sensations, emotions, and sentiments in general.

- Behavioral level: by addressing the processes of acquiring experiences and skills, and everything related to practice and practical performance, including principles of behavior modification.

The researcher benefits from the theory of cognitive behavioral therapy in developing a prospective vision for dealing with migraine as a chronic disease that requires the formation of positive attitudes to deal with it through the cognitive, emotional, and behavioral levels with the aim of improving the patient's quality of life.

Life Model:

This model focuses on the need to reduce life stressors and is based upon the principle of social support. The very beginnings of the social support concept can be rooted in sociological studies, from where it was assessed amidst social relations, particularly with the advent of the social relations network that heralded the term social support. Social support has been identified to be an important determinant of a person's sense of social security in the physical environment, especially when faced with stressful or threatening circumstances, which might even make one feel helpless and look forward for help from other people in the network. The support an individual gets is a variable in the dynamics between the individual and their social environment, attracting research interest by scholars who suggest that individuals who seek support from their social networks and groups of affiliation are in a better position to reduce the harsh impacts of stressful events they face in everyday life.

Social support dimensions take different forms, as explained by Al-Maizer 2008 pp. 190-193, and include:

- 1- Social support, which appears in showing a sense of comfort
- 2- Social integration, which refers to the support of the individual's social network
- 3- Support for appreciation through validating the feeling of personal competence
- 4- Material assistance, which appears in providing services in kind or sums of money
- 5- Cognitive support, which appears in providing advice, guidance and counseling

Social support has two basic roles in the individual's life and his relationship with others, as follows:

The developmental role assumes that the person who experiences reciprocal social relationships and views these networks as a source of reliable support will tend to function better than the individual who lacks such connections.

The preventive role postulates that social support might help to moderate the effects of stressful events. Individuals who experience problems will be seen to behave differently depending on their level of friendship support and other social networks. This is referred to as the buffering effect of social support, which enhances coping mechanisms and simultaneously affects the anticipated consequences of the stressors being encountered.

The researcher benefits from the life model as one of the models of general practice of social work in alleviating the severity of stresses resulting from migraine attacks by employing patterns of social support in the field of caring for those suffering from migraine.

Methodological procedures:

Study Population is comprised of previous articles from Saudi's newspaper and various researches conducted and applied in some provinces in the Kingdom of Saudi Arabia.

Study Methodologies and its tools: The analytical descriptive approach was used to survey and analyze the data in newspapers around the general culture associated with migraine and the results of researches in this field.

Study Tool: The researcher used qualitative analysis, namely content analysis, an essential methodology for prospective research and studies. It aims to provide a comprehensive description through investigating media content from newspapers and websites. In addition, it aims to determine the current prevalent methods and strategies surrounding the issue of migraine from a medical, social, and psychological perspective in the various regions of the Kingdom of Saudi Arabia. It also purports to note current trends in responding to the related stresses and to determine the extent of the general public's consciousness of this issue.

Study Sample: A sample was drawn from five of the most widely circulated Saudi e-newspapers (Al-Riyadh - Al-Madina - Asharq Al-Awsat - Al-Yaum - Al-Jazirah) in the period between 2019 and 2023 according to the data collection period.

Justifications for choosing the time period are that it is considered a contemporary period of society, which is characterized by progress, digital transformation, and interest in human health and performance at the level of professional work and at the level of social work. The researcher considered that this period is sufficient to analyze the current situation and trends in dealing with migraines, as it is an old, modern, and ongoing disease.

Analysis category: It is represented by (type of sources "journalistic or scientific research" - the included material - the proposed prevention methods)

Prospective Vision for Social Work

Preventive care in social work, especially in the area of managing migraines and their related stresses and complications, is a very important aspect of healthcare. This conclusion is informed by previous research and even in local media reports establishing that such care is essential in the sense of reducing the likelihood of chronic diseases like diabetes, cardiovascular diseases, and cancer. The researcher observes that the World Health Organization categorizes migraine as a chronic condition whose etiology is not well known. This categorization calls for comprehensive medical and social preventive approaches that include medical evaluations, lifestyle adjustments, and educational programs. Social workers are well-placed to play a substantial role in promoting preventive care for their clients, especially those who face barriers in accessing healthcare services or have complex needs and those who might not be aware of the benefits of preventive social work.

Foundations and Sources for formulating a prospective Vision

1. The conceptual framework of the study.
2. The significance of the research and its aims.
3. The theoretical frameworks that guide the research: the cognitive-behavioral approach—taking the life model as a framework within the broader context of social work practice.
4. Pertinent local and international literature that concerns the topic of migraine.
5. Previous research works carried out by Arab and international researchers related to the focus of the study.
6. The perspective and experience of the researcher in conducting research pertaining to the topic under investigation.

The significance of formulating a prospective vision can be articulated through several key points.

1. A migraine patient experiences many problems, which brings about the need to have a vision.
2. The social work profession can play a very significant role in addressing the various stresses faced by the general public and specifically those who suffer from migraine episodes.
3. There is a close match between the objectives of general social work practice and the aims of the Kingdom's Vision 2030, specifically in terms of improvements in quality of life, betterment in human health, and the achievement of a more comfortable living setting.
4. Focusing on protective factors against the impact of migraines can bring about better well-being and circumstances in the local community in the long run.

Potential Stakeholders in the Strategic Prevention Framework

- Members of high-risk groups.
- Medical professionals, especially those working directly with migraine patients.
- Human service workers.
- Researchers interested in migraine.
- Health and social law enforcement officials in ministries of health, development and human resources, culture.
- Business community.
- Interested local community members.

Indicators used in formulating a prospective vision for social work

1. Migraine is recognized as a chronic disorder worldwide, and more specifically in the Kingdom of Saudi Arabia. Up to the present, the exact causes and contributing stressors to this disorder remain unknown.

2. The social work profession calls for education and training in both cognitive and practical skills, therefore arming the practitioner with competencies necessary in providing holistic care within multiple professional practice domains across governmental, civil society, and charitable organizations.

3. A multidisciplinary team should be set up to work with the patients, their families, and the places of work where the patient is employed. The team will include public health physicians, psychiatrists, social workers, psychologists, nutritionists, family counselors, media representatives, and other people who can help in providing support and also make sure that the patients do not face a state of fear, distress, or isolation.

The following are the foundational assumptions underlying the vision:

1. A holistic view of the individual.
2. The burden of migraine and respective stressors.
3. The perspective on people as active agents of change in their own behaviors towards equilibrium and adaptation.
4. The limited ability of the patients to cope with the stresses caused by migraine, which causes fear and anticipatory anxiety about future possible episodes.
5. The necessity of multifaceted professional engagement with individuals, families, groups, organizations, and communities that realize migraine represents social, cultural, and economic aspects affecting not only the patient but also his family, workplace, and society as a whole.

- The goals that the vision seeks to achieve: They are divided into long-term goals - short-term goals as follows:

First long-term goals:

1. Enhancing the quality of care for individuals suffering from migraines by formulating strategies that address social, health, and cultural factors.
2. Strengthening the competencies of the healthcare and social work teams to effectively manage the repercussions of migraine.
3. Equipping migraine patients with the necessary skills to cope with frequent episodes of their condition.

Second short-term goals:

Integrated care for patients and their families requires an approach that incorporates all dimensions—individual and social. This would mean empowering the health teams, not only physicians but also institutional leaders and specialists in social and psychological fields, with targeted training programs aimed at keeping knowledge of contemporary developments in therapeutic, preventive, and developmental practices.

A. Preventive Goals: These goals focus on minimizing the effect of the migraine by:

- Increasing public awareness of migraine as a chronic condition that can result in considerable disability, impacting economic, social, and health spheres. Studies suggest there is a significant community lack of awareness about the condition and its impact.
- Planning and organizing information dissemination strategy execution using digital, audio, visual, and print media.
- Organizing various seminars and conferences in the public, private, and charitable sectors regarding the disease, its management strategies, and its broader implications.
- Fostering social adaptation processes for both patients and their families.
- Mitigating the impact resulting from reduced working ability and productivity.
- Developing institutional policies and alternative strategies aimed at reducing the adverse effects on patients, their families, institutions, and society at large.

B. Treatment Goals:

- Performing specific tests for the early diagnosis of migraine.
- Tailoring treatment plans to each case through the proper assessment of the patient's condition.
- Scheduling follow-up appointments with all patients once treatment has been initiated or analgesics have been given and continuing these for three to six months based on the case and according to the advice of the medical practitioner.
- Dietary Needs: "Determining appropriate food and beverage for each patient and determining appropriate times for meals."

C. Developmental Objectives:

1. Educating the migraine patients about the nature of the disorder, telling them in terms of the nature of attacks, recurrence of such episodes, healthy ways to cope, and the role of supportive networks.
2. Fostering the patient's capacity for self-adaptation upon recognition of the chronic nature of the disease, that is by definition not curable.
3. Fostering social adaptability by involvement in a large variety of activities.
4. Assisting the patient with rehabilitation efforts so life can be approached more mindfully after acceptance of the realities of the illness.
5. Institutional rehabilitation by creating a migraine-patient-sensitive workplace, more so in a work environment such as factories, where it is crucial to eliminate noise, bright lights, and poor ventilation since the patient becomes very sensitive to these factors.

Suggested program to achieve the prospective vision

Program Objectives

- 1- Developing the knowledge and awareness of both the patient and the different systems that deal with migraine as a chronic disease.
- 2- Reinforcing awareness of the risks of ignoring the social aspect in reducing the severity of the accompanying stress.
- 3- Raising awareness of the need to initiate medical examination in the event of recurring headache episodes without hesitation.

Professional intervention of social work

1. The social worker plays the vital role of introducing the planned changes in the social environments and situations of individuals with the migraine affliction. The social worker engaged in the activities of social change undertakes several roles during the course of carrying out a program of intervention with planned changes to be effected, with the target population experiencing an increase in awareness about the problem of migraine.
2. The focus of the intervention is the migraine patient, the person or people being helped by the social worker who is acting as the change agent. Social work tries to bring about change through policy revision of existing programs and services that will efficiently handle the intricacies and stresses arising from migraine.
3. The support group should comprise a multidisciplinary team of professionals in health, social work, psychology, rehabilitation, recreation, planners, and researchers. This is primarily important since the different aspects that need attention in the treatment, prevention, and development of individuals who suffer from migraine require such a multidisciplinary approach.

Stages of Professional Intervention

1. The engagement stage is the initiation of communication and professional relationship building between the general practitioner, in this case, the social worker, the patient, and, when appropriate, families, groups, organizations, or the community at large. A review of the literature on migraines was conducted, including articles written in local newspapers. This review elicited the following conclusions:
 - There is a wide gap in the spread of knowledge about migraines in different social, health, and cultural settings.
 - The main emphasis is still in the area of medical treatment and prevention of migraine.
 - Previous studies have underscored the necessity of enhancing awareness about migraines, particularly concerning therapeutic and preventive measures, potential complications, and strategies for managing the associated effects and stresses.
 - The research questions that the researcher has come up with relate to alternative preventive approaches, which take a holistic approach in their optimism that includes psychological, physical, mental, and social aspects, and institutional attitudes toward people who are affected by the migraine, considering that it affects productivity as much as the research evidence shows and can cause disability in some instances.
2. The evaluation period is meant to assess the strengths of the migraine patient, as well as his ability and readiness to participate in the professional treatment program.

3. During the planning stage, general and specific procedural objectives must be set out, accompanied by a time scale to accomplish the objectives.

4. The implementation stage is when the program's planned goals are carried out and actualized according to action plans that have been jointly designed by the social worker and the migraine patient, who is the target population, together with the work group.

5. Evaluation: This is the stage where it is determined how well the professional intervention program attains its proposed objectives in reality. Evaluation is thus done on a scale that measures the differences in conditions between the pre-intervention and post-intervention stages.

6. The termination phase closes off the program, in which the social worker gradually withdraws from the role. At this stage, the evaluation of the target group occurs, and the social worker summarizes the accomplishments realized in the course of the intervention.

7. The purpose of the follow-up stage is to determine the extent to which the changes persist even after the professional intervention has ended. This stage also serves to sensitize and evaluate the patient's need for additional professional service to deal with the remaining difficulties. This usually takes between one and six months, depending on which specialist may recur if there is a need to be addressed.

Strategies employed to realize the vision: The vision relies on a variety of strategies designed to address the needs of different business units as outlined below:

Various techniques can be used at different levels to help patients who experience migraine. Individual-level techniques used are developing influential professional relationships, building empathy, cognitive restructuring, and negative and positive reinforcement techniques. Family level entails numerous techniques aimed at improving family communication, altering structural dynamics and values, in addition to facilitating groups of discussions. Organization techniques will aim at improving workload distribution and increased efficiency while dealing with decision-makers with the aim of influencing outcomes.

Recommended activities following professional intervention programs to alleviate the stress:

- The design of a training curriculum, which covers the application of the social support model in order to lower migraine stress.
- Establishment of social and psychological support units at government, non-profit, and charity-level organizations engaged in helping people suffering from migraine episodes to develop better stress-coping strategies and resilience.
- Group sessions that will also allow sharing of experiences with the affected migraine patients and their families in an effort to identify certain maladaptive coping strategies and to encourage adoption of appropriate behavior consistent with the health condition and the surrounding social context.

Strategies that social workers can use to affect future change in the vision for migraine management include the following:

1. Establishing direct contact with patients and their families and creating communication channels between them and social work agencies. All these will help in expanding access to resources that encourage proper behavioral reactions to migraine control.
2. Collaborating with the patient's family, social workers, and non-profit organizations concerned with the welfare of migraine patients. This kind of partnership can be helpful in gaining access to necessary services.
3. Formulation of educational and training techniques to equip migraine patients with adequate skills, knowledge, and information. These techniques will offer economic, health, psychological, and social empowerment, which will consequently minimize the stress triggered by recurrent episodes of migraine.
4. Identifying and changing negative behaviors that encourage unhealthy practices by patients, while at the same time encouraging positive behaviors to improve their quality of life.
5. Developing personal resilience in patients: The quality of enabling patients to accept their illness and to adjust positively to their situation.
6. To coordinate family members, institutions, and community organizations in the effort of providing all-rounded services to migraine patients, rendering each entity to work strictly in the area of their expertise.

Conditions needed for social workers helping people with migraines are the following:

- General knowledge of migraine, including varied experiences people have before, during, and after an episode.
- The willingness and readiness to be involved with the distinctive features of each migraine patient so that differences among individuals are recognized and incorporated in the management of cases.
- The ability to analyze the case so as to establish what could be the underlying factors for some to forego seeking medical care.
- Strong commitment to principles of confidentiality, privacy, negotiation, and accountability.

The social worker can participate in a crucial manner in promoting and facilitating preventive care through the following strategies.

1. Conducting a comprehensive needs assessment to understand the preferences and goals of migraine patients in detail. This is the prerequisite for deciding which interventions are most appropriate and likely to be effective for each client.
2. Exploring the cultural, religious, or personal beliefs and values of the patients that could influence their processes of informed decision-making.
3. Empower patients to take control of their own health and well-being through the development of positive attitudes. Such empowerment will go a long way in greatly improving their self-esteem, independence, and resilience to adversity and overcoming hurdles in their lives.

- 4. Advocating changes in patients' daily routines to promote their health and wellbeing, bound by beliefs that people are capable of surmounting their adversities with the right support.
- 5. Promoting policies and initiatives that increase access to preventive care services and increase public awareness of their availability.
- 6. Disseminate health and social awareness through public and policy-maker education on the social determinants of health and the critical role that social preventive care can play.
- 7. Following a participative model where experiences are shared amongst peer members with migraine regarding ways of coping and adaptation, lifestyle choices, work-related experiences, and associated stressors. This method, useful in the expressing of emotions and enhancement of psychological functioning, can also be integrated into social therapy as part of a group approach. Such an environment is supportive and may be emulated by governmental, civil, and charitable organizations. Also, the use of media channels to advertise and create awareness of those consultative and participatory sessions, either face-to-face or online, is necessary.

Table No. (2) Illustrates the obstacles encountered in realizing the vision and outlines strategies for addressing these challenges.

Obstacle	How to deal with it
pessimistic outlook	Those who suffer from the migraine experience profound hopelessness as a result of the disability. This is exacerbated by the frequency and intensity of migraine episodes. A positive outlook on life needs to be cultivated through realization and the development of positive thoughts rather than allowing negative feelings to engulf the individual. Secondly, there needs to be an exploration of new pharmacological treatments, which have been shown to reduce headaches severity. Also, working in conjunction with charitable organizations can help to make such drugs available to low-economic populations, under the patronage of the Ministry of Health.
Lack of community awareness	Global and local research on migraine has pointed out a serious lack of awareness, which some attribute to traditional perceptions of headache. A solution to this would require a systematic and broad-based awareness campaign that utilizes health, social, psychological, and economic dimensions over time. This may include the use of different media in the audio, print, and visual platforms, as well as organizing scientific seminars, discussion forums, and debates. Also, it is necessary to be updated with information concerning global and regional developments on migraines. The total approach is multipurpose with the objective of establishing an understanding of migraines, its various symptoms, and medical, social, cultural, and economic management approaches.

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