

## Bölüm 31

# BAŞ BOYUN AĞRILARINA PSİKİYATRİK YAKLAŞIM

Duygu ASLAN KUNT<sup>1</sup>

### GİRİŞ

Baş ve boyun ağrıları kişinin yaşam kalitesini önemli derecede etkileyen, psikiyatrik hastalıklarla birliktelik gösteren, eşlik eden psikiyatrik bozukluk, kişilik özellikleri ve stres faktörleri ile tetiklenebilen yaygın semptomlardır. Boyun ağrısı ve primer baş ağrıları toplumda oldukça sık görülür. Tahmini küresel bir yıllık dönem prevalansı migren için yaklaşık %10, gerilim tipi baş ağrısı için %38'dir. Popülasyon tabanlı çalışmalarda bir yıllık boyun ağrısı prevalansı %4.8 ile %79.5 arasında değişmektedir (1).

Baş ağrısı, insanları tıbbi tedavi almaya yönelten en yaygın durum olmasına rağmen genellikle yetersiz teşhis ve tedavi edilmektedir. Baş ağrısı ikincil tıbbi ve psikiyatrik durumlarla ilişkili olduğunda, tanısı zor olabilmektedir (2). Psikiyatrik bozukluklarla baş ağrısı arasındaki ilişki karmaşık ve büyük ölçüde belirsizdir. Psikiyatrik bozukluklar, baş ağrısından sonra ortaya çıkabilir, baş ağrısı ile birlikte ortaya çıkabilir veya baş ağrısının gelişmesine neden olabilir. Alternatif olarak, bazı nadir baş ağrıları, yalnızca psikiyatrik hastalıkların seyri sırasında ortaya çıkan bir psikiyatrik durumun belirtileri olabilir.

Primer baş ağrısı olan kişilerde psikiyatrik bozukluklar oldukça yaygındır. Verri ve ark. (3), kronik baş ağrısı hastalarının % 90'ının en az bir psikiyatrik hastalığa sahip olduğunu; en sık depresyon ve anksiyete bozukluklarının görüldüğünü bildirmişlerdir. Başka bir çalışma, baş ağrısının, kronik ağrılı hastalar arasında intihar düşüncesi sıklığı ile ilişkili olduğunu bulmuştur (4). Bu nedenle, klinisyenlerin kronik baş ağrısı hastalarında psikiyatrik komorbiditeleri taraması çok önemlidir.

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tedaviye daha az yanıt verdiđini, yařam kalitesini azalttıđını, bař ađrısına bađlı yetiyitimini arttırdıđını gstermektedir. Ayrıca komorbiditeyi tespit etmek, hem bař ađrısını hem de psikiyatrik bozukluđu tek bir ilala tedavi edebilme veya her iki kořul iin de yararlı olduđu bilinen farmakolojik olmayan yaklařımlarla tedaviyi ynetme olanađı sađlayabilir. Bu nedenle, eřlik eden herhangi bir psikiyatrik bozukluđun tanınması ve tedavisi, kapsamlı bir bař ađrısı tedavisi iin gereklidir.

**Anahtar Kelimeler:** Bař boyun ađrısı, psikiyatrik yaklařım, migren, gerilim tipi bař ađrısı, antidepresan

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