

TINER: A NEW STRATEGY IN TENSION-TYPE HEADACHE ASSOCIATED WITH MILD DEPRESSION

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Introduction: We have studied 50 patients suffering from tension-type Headache associated with mild Depression, of which 25 with reported episodes of Headache, was submitted to TINER, relaxation technique, assessing the possible psycho-corporeal positive role on affective state and on Headache.

Methods: The patients are subjects suffering from depression that results, with HAM-D, a psychological assessment, having average rating between 8 and 18 and none of them has been subjected to any treatment with antidepressants. Then the group study of 25 people, including ten episodes of severe Headache, was submitted to sessions of TINER specifically, weekly, for a period of three months, with subsequent maintenance sessions every fortnight for three months, while the control group of equal number not effected any therapy. At the end of six months, both the studio and the control group, have been subjected to clinical and psychological re-evaluation.

Results: The scores obtained in the comparison between the HAM-D start and retest, showed a decrease of 38% 5 points, 4 points in 26% and 2 points in 36% for the subjects submitted to TINER; of course only for persons subjected to TINER, enhance emotional state. Furthermore, the study showed a decrease episodes of Headache and a reduction of their intensity.

Conclusions: Clinically, we observed a reduction in episodes of tension-type Headache, into the study group within the first six months and an improvement in depressive symptoms. Conclusions: In the study group, we observed a significant reduction in pain episodes typical of tension-type Headache and enhance affective state. TINER, play a positive role in patients suffering from mild Depression, related to tension-type Headache.

Bibliography: E. Reich, E. Zornanszky (2006) – Bioenergetica dolce - Tecniche Nuove, Milano; R.P. Bajpai, L.S.Brzhik, E. Del Giudice , F. Finelli, F.- A. Popp, K.- P. Schlebusch (2010) – Light as a trigger and a probe of the internal dynamics of living organisms-Journal of Acupuncture and Meridian Studies, 3, 291-297; S. Wendelstaedt (2010) – Il principio del minimo stimolo e i processi di auto regolazione – in AA. VV. – Grounding - Franco Angeli Ed.; W. Reich (1973) – Analisi del carattere – Sugar, Milano.

HAM-D PATIENT GROUP

BASELINE DECREASE 6 MONTHS

8-18	38%	5 points
8-18	26%	4 points
8-18	36%	2 points

