

Analyzing the Role of Stress and Rumination in Tension-Type Headaches and Migraine

Fatemeh. Jamshidi^{1*}, Azam. Hosseini², Eham. Norouzi², Mehdi. Ebrahimkhani²

¹ M.A in Educational Psychology, Saveh Branch, Azad University, Saveh, Iran

² Department of Health Psychology, Faculty of Medical Sciences, Islamic Azad University, Najaf Abad Branch, Isfahan, Iran

* Corresponding author email address: fateme.jm086@gmail.com

Editor

Ahmad Chitsaz^{id}
Professor, Faculty of Medicine,
Isfahan University of Medical
Sciences, Isfahan, Iran.
Email: chitsaz@med.mui.ac.ir

Reviewers

Reviewer 1: Hamid Nejat^{id}
Assistant Professor, Department of Educational Sciences, Mashhad Branch, Islamic
Azad University, Mashhad, Iran. Email: dr.nejat@iauh.ac.ir
Reviewer 2: Noshirvan Khezri Moghaddam^{id}
Associate Professor, Department of Psychology, Shahid Bahonar University,
Kerman, Iran Email: Khezri147@uk.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

Critical Overview:

- **Research Objective:** The study's objective to explore the psychological aspects of headache disorders is timely and significant, offering new insights into the management of these conditions.
- **Methodology:** The cross-sectional design, while appropriate for correlation studies, has limitations in establishing causality.

Strengths:

1. **Relevant Topic:** The study addresses an important aspect of headache disorders, focusing on psychological factors like stress and rumination.
2. **Robust Data Analysis:** The use of established scales and statistical analysis (Pearson correlation and multivariate regression) strengthens the study's findings.

Areas for Improvement:

1. **Study Design:** A longitudinal design would be more effective in understanding the dynamic nature of the relationship between psychological factors and headache severity.
2. **Broader Sample:** The study is geographically limited to Tehran, which may affect the generalizability of the findings.

Recommendations:

1. **Longitudinal Follow-Up:** Future studies should consider a longitudinal approach to better understand the causality and evolution of these relationships over time.
2. **Expanding the Geographic Scope:** Including a more diverse geographical sample would enhance the study's applicability to different populations.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

Detailed Analysis:

- **Scope and Impact:** The study makes a significant contribution by linking stress and rumination with the severity of tension-type headaches and migraines, a less explored area in headache research.
- **Data Collection and Analysis:** The methodology is sound, with a clear data collection process and appropriate statistical tools used for analysis.

Positive Attributes:

1. **Psychological Focus:** The study uniquely focuses on the psychological dimensions of headache disorders, contributing to a holistic understanding of these conditions.
2. **Clarity and Coherence:** The research is well-structured, with clear objectives, methodology, and findings.

Suggestions for Improvement:

1. **Diverse Sampling:** Future research should aim for a more diverse sample in terms of demographics and geography.
2. **Inclusion of Additional Variables:** Exploring other psychological factors, such as anxiety or coping strategies, could provide a more comprehensive understanding of the issue.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.