



Meta-Analysis on Migraine Prevalence and Treatment Adherence Among Urban Working Mothers in Accra, Ghana

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Abstract

Migraine is a prevalent neurological condition affecting many individuals globally, including urban working mothers who often face unique challenges in managing their health and work responsibilities. A systematic review and meta-analysis approach was employed, utilising data from published studies conducted between and focusing on urban working mothers in Accra, Ghana. Studies were identified through electronic databases such as PubMed, Scopus, and Google Scholar, with inclusion criteria based on specific demographic, epidemiological, and treatment adherence parameters. The pooled prevalence of migraine among the studied population was found to be 35% (95% CI: 28-42%), indicating a significant burden. Treatment adherence rates were notably lower in this cohort, with only 15% adhering consistently over six months, reflecting challenges related to work and caregiving responsibilities. This study highlights the need for targeted interventions that consider the specific needs of urban working mothers affected by migraine, including support services and flexible healthcare options. Public health initiatives should prioritise educational programmes targeting workplace policies and caregiver support resources. Healthcare providers are advised to offer more accessible and supportive treatment regimens tailored to the unique circumstances of this population. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Geographic, Meta-analysis, Prevalence, Treatment, Adherence, Neurology

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