

## **SUPPLEMENTARY MATERIAL**

### **Burden of Migraine in Japan: Results of the ObserVational survey of the Epidemiology, tReatment, and Care Of Migraine (OVERCOME [Japan]) Study**

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**Table S1** Reasons given by respondents for hesitating to seek care for their migraines. Respondents were instructed to select all reasons that applied

Reason, n (%)	Total (N=6233)	Monthly headache days				p value
		LFEM, 0–3 (n=3976)	MFEM, 4–7 (n=1047)	HFEM, 8–14 (n=652)	CM, ≥15 (n=558)	
I felt my migraine or headache would not be taken seriously	2284 (36.6)	1524 (38.3)	384 (36.7)	217 (33.3)	159 (28.5)	< 0.0001
I did not think they were serious/painful enough	1813 (29.1)	1239 (31.2)	300 (28.7)	168 (25.8)	106 (19.0)	< 0.0001
I did not know where to find a doctor or healthcare provider who treated them	1711 (27.5)	996 (25.1)	323 (30.9)	218 (33.4)	174 (31.2)	< 0.0001
I was too busy	1610 (25.8)	1004 (25.3)	283 (27.0)	169 (25.9)	154 (27.6)	0.4946
I wanted to try and take care of/deal with them on my own	1379 (22.1)	914 (23.0)	230 (22.0)	132 (20.3)	103 (18.5)	0.0596
The medications or other treatments that do not need a doctor's prescription worked well enough	1354 (21.7)	882 (22.2)	236 (22.5)	132 (20.3)	104 (18.6)	0.1818
I do not like seeing a doctor/do not think they are helpful	1226 (19.7)	745 (18.7)	228 (21.8)	134 (20.6)	119 (21.3)	0.0929
I was afraid they might diagnose me with something serious	731 (11.7)	435 (10.9)	124 (11.8)	91 (14.0)	81 (14.5)	0.0212
I did not want to have medical testing done	613 (9.8)	394 (9.9)	90 (8.6)	79 (12.1)	50 (9.0)	0.1047
I was not able to due to concerns about exposure to coronavirus (COVID-19)	598 (9.6)	364 (9.2)	99 (9.5)	73 (11.2)	62 (11.1)	0.2292

I did not want to be labeled as a person with headache or migraine	302 (4.9)	191 (4.8)	40 (3.8)	38 (5.8)	33 (5.9)	0.1612
I tried and could not get an appointment	204 (3.3)	121 (3.0)	33 (3.2)	22 (3.4)	28 (5.0)	0.1069
Other reasons	546 (8.8)	296 (7.4)	86 (8.2)	77 (11.8)	87 (15.6)	< 0.0001

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*CM* chronic migraine, *COVID-19* Coronavirus Disease 2019, *HFEM* high frequency episodic migraine, *LFEM* low frequency episodic migraine, *MFEM* moderate frequency episodic migraine

**Table S2** Reasons given by respondents for not using a preventive migraine treatment. Respondents were instructed to select all reasons that applied

Reason, n (%)	Total (N=15,041)	Monthly headache days				p value
		LFEM, 0–3 (n=10,372)	MFEM, 4–7 (n=2351)	HFEM, 8–14 (n=1333)	CM, ≥15 (n=985)	
The other medications I use work well enough	4989 (33.2)	3514 (33.9)	811 (34.5)	400 (30.0)	264 (26.8)	< 0.0001
My migraines/severe headaches are not that bad/serious	3523 (23.4)	2712 (26.2)	485 (20.6)	217 (16.3)	109 (11.1)	< 0.0001
I am concerned about the side effects of medication/the effects of using them too often	2352 (15.6)	1529 (14.7)	409 (17.4)	244 (18.3)	170 (17.3)	0.0001
It costs too much/I do not want to spend the money	1831 (12.2)	1192 (11.5)	299 (12.7)	209 (15.7)	131 (13.3)	0.0001
I did not know there were prescription medications that would prevent/reduce migraine/severe headaches	1792 (11.9)	1125 (10.9)	322 (13.7)	193 (14.5)	152 (15.4)	< 0.0001
I do not like taking prescription medications	973 (6.5)	717 (6.9)	124 (5.3)	79 (5.9)	53 (5.4)	0.0093
I have been pregnant, trying to become pregnant, or breastfeeding (nursing)	581 (5.7)	417 (6.1)	88 (5.1)	53 (5.3)	23 (3.2)	0.0072
I do not want to bother my doctor or healthcare provider	729 (4.9)	496 (4.8)	122 (5.2)	63 (4.7)	48 (4.9)	0.8648
My doctor told me I did not need a prescription/told me to just use an “over-the-counter” medication	605 (4.0)	386 (3.7)	118 (5.0)	51 (3.8)	50 (5.1)	0.0095
I am concerned about it interacting with another medication, alcohol	532 (3.5)	358 (3.5)	75 (3.2)	46 (3.5)	53 (5.4)	0.0123
Another health condition prevented me from taking it	303 (2.0)	177 (1.7)	56 (2.4)	34 (2.6)	36 (3.7)	0.0001

I don't want anyone to think I am just a complainer	256 (1.7)	155 (1.5)	42 (1.8)	30 (2.3)	29 (3.0)	0.0026
I don't want to be labeled as a person with headache or migraine	247 (1.6)	164 (1.6)	37 (1.6)	26 (2.0)	20 (2.0)	0.5702
I don't want anyone to think that I am trying to get painkillers	189 (1.3)	122 (1.2)	30 (1.3)	20 (1.5)	17 (1.7)	0.4020
Other reasons	2686 (17.9)	1730 (16.7)	435 (18.5)	276 (20.7)	245 (24.9)	< 0.0001

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*CM* chronic migraine, *HFEM* high frequency episodic migraine, *LFEM* low frequency episodic migraine, *MFEM* moderate frequency episodic migraine

**Table S3** Information given by respondents who had previously taken preventive medications: when they stopped their most recent preventive medication, how long they took their most recent preventive medication, and reason for stopping. Respondents were instructed to select all reasons for stopping that applied

	<b>Total (N=324)</b>
<b>When the most recent preventive medication was stopped, n (%)</b>	
Within the last 3 months	16 (4.9)
4–6 months ago	43 (13.3)
7–12 months (1 year) ago	37 (11.4)
1–2 years ago	56 (17.3)
2–5 years ago	72 (22.2)
>5 years ago	100 (30.9)
<b>How long respondents had taken most recent preventive medication before stopping, n (%)</b>	
I used it less than 3 months	118 (36.4)
I used it for 4–6 months	58 (17.9)
I used it for 7–12 months	44 (13.6)
I used it for 1–2 years	47 (14.5)
I used it for 2–5 years	35 (10.8)
I used it for more than 5 years	22 (6.8)
<b>Reason for stopping preventive medication, n (%)</b>	
It was not working	79 (24.4)
My migraine/severe headaches got better	69 (21.3)
My doctor/healthcare provider recommended I stop	62 (19.1)
I was concerned about the side effects/the effects of using it too often	52 (16.0)
Other medications work better for my migraine/severe headaches	51 (15.7)
The medication was not worth the out-of-pocket costs	47 (14.5)
Another health condition prevented me from taking it	37 (11.4)
I was concerned about it interacting with another medication	25 (7.7)
I did not want anyone to think I was just someone who complains	23 (7.1)
A friend/family member recommended I stop	21 (6.5)
I was not able to get into my doctor’s office to get the medicine due to the pandemic of coronavirus (COVID-19)	13 (4.0)
Other reasons	52 (16.0)

COVID-19 Coronavirus Disease 2019