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  | 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    |
| Reason                                    | N     | N (%) | N     | N (%) | N     | N (%) | p-value |
|-------------------------------------------|-------|-------|-------|-------|-------|-------|---------|
| 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 |

*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   |
| Reason                                                                 | CM  | HFEM | LFEM | MFEM | Other reasons |
|-----------------------------------------------------------------------|-----|------|------|------|---------------|
| 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 |

*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

| When the most recent preventive medication was stopped, n (%) | Total (N=324) |
|-------------------------------------------------------------|---------------|
| 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)    |

| How long respondents had taken most recent preventive medication before stopping, n (%) | Total (N=324) |
|--------------------------------------------------------------------------------------|---------------|
| 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)      |

| Reason for stopping preventive medication, n (%) | Total (N=324) |
|-------------------------------------------------|---------------|
| 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)     |