

Table 1 Characteristics of study participants based on baseline data from the Ravansar non-communicable disease cohort study, 2021

Characteristic	Total (n = 10 063)	Males (n = 4 773)	Females (n = 5 290)	P-value ^a
	Mean (SD)	Mean (SD)	Mean (SD)	
Age (years)	48.10 (8.25)	47.82 (8.05)	48.36 (8.41)	< 0.001
Sleep duration (hours)	7.04 (1.25)	6.94 (1.24)	7.13 (1.26)	< 0.001
Body mass index (kg/m ²)	27.51 (4.63)	26.34 (4.06)	28.56 (4.86)	< 0.001
Age at start of chronic headache (years)	36.79 (10.85)	36.16 (11.49)	37.03 (10.61)	0.250
	No. (%)	No. (%)	No. (%)	
Chronic headache	1054 (10.49)	285 (5.98)	769 (14.55)	< 0.001
Treatment of chronic headache	413 (39.11)	94 (32.87)	319 (41.43)	< 0.001
Medication overuse headache	413 (4.10)	94 (1.90)	319 (6.03)	< 0.001
Use alcohol	635 (6.31)	631 (13.22)	4 (0.08)	< 0.001
Depression	327 (3.25)	88 (1.99)	230 (5.14)	< 0.001
Hypertension	1575 (15.69)	611 (12.83)	964 (18.27)	< 0.001
Comorbidity	650 (6.46)	258 (5.41)	392 (7.41)	< 0.001
Menopause status	-	-	1656 (31.30)	-
Use oral contraceptive pill	-	-	4061 (76.77)	-
Physical activity (MET hours/day)				
Low	2773 (27.58)	1585 (33.24)	1188 (22.47)	< 0.001
Moderate	5166 (51.37)	1595 (33.45)	3571 (67.54)	
High	2117 (21.05)	1589 (33.32)	528 (9.99)	
Residence				
Rural	4101 (40.75)	1840 (38.55)	2261 (42.74)	< 0.001
Urban	5962 (59.25)	2933 (61.45)	3029 (57.26)	
Education level				
Illiterate	2492 (24.76)	619 (12.97)	1873 (35.41)	< 0.001
Primary	3843 (38.19)	1378 (28.87)	2465 (46.60)	
Secondary	2944 (29.36)	2141 (44.86)	803 (15.18)	
Tertiary	784 (7.79)	635 (13.30)	149 (2.82)	
Employment				
No	186 (1.82)	178 (3.69)	9 (0.13)	< 0.001
Yes	4790 (47.65)	4376 (91.79)	416 (7.84)	
Retired	228 (2.20)	217 (4.49)	9 (0.13)	
Housewife/husband	4859 (48.33)	2 (0.02)	4856 (91.90)	
Marital status				
Single	422 (4.19)	96 (2.01)	326 (6.16)	< 0.001
Married	9074 (90.17)	4636 (97.13)	438 (8.389)	
Divorced/widowed	567 (5.63)	41 (0.86)	526 (9.94)	
Wealth index				
Poorest	2247 (22.33)	758 (15.88)	1489 (28.15)	< 0.001
Second poor	1891 (18.79)	877 (18.38)	1014 (19.17)	
Middle	1978 (19.66)	1116 (23.39)	862 (16.29)	
Second rich	2115 (21.02)	1004 (21.04)	1111 (21.00)	
Richest	1831 (18.20)	1017 (21.31)	814 (15.39)	
Smoking status				
None	8026 (80.00)	3026 (63.61)	5000 (94.77)	< 0.001
Current	1178 (11.74)	1071 (22.51)	107 (2.03)	
Former	829 (8.26)	660 (13.87)	169 (3.20)	

SD = standard deviation.

^aP-value obtained by t-test and Chi squared test.