

## WOULD YOU LIKE TO TAKE PART IN A TENSION-TYPE HEADACHE PREVENTION STUDY?

**Are you 18-65 years old?**

**Do you have more than 1 tension-type headache a month?**

**Would you like to help assess a potential new treatment for tension-type headache?**

Volunteers are invited to participate in a medical research pilot study to examine the effectiveness of potential new treatments for tension-type headache. The pilot phase for the Tension-type HeadAche Prevention Project (HAPPy Too) is testing whether tension-type headaches are prevented by blood pressure lowering medications compared with placebo.

The HAPPy Too study is a project of The George Institute for Global Health, Sydney Australia, affiliated with the University of New South Wales.

### We are seeking participants who are/have:

- 18 to 65 years old
- 2-14 tension-type headaches a month
- had tension-type headaches for at least a year and whose tension-type headaches began before 50 years
- willing to take oral tension-type headache preventative medication for the duration of the study (12-week treatment period).

### Participation in the study involves:

- Three clinic and four phone visits over a 20 week period including: a 4-week screening phase, 12-week treatment period and a 4-week follow-up period. Each visit duration will range from 15 minutes to 1 hour
- Taking one capsule of study medication per day for 12-week treatment period
- Three blood tests
- Completion of a headache log during the 20-week study period
- Measuring blood pressure at home using a study-provided blood pressure machine
- Travel to participating clinics in Brookvale or Hinchinbrook, New South Wales or Browns Plains, Queensland. (Travel reimbursement up to \$25 per visit is available)

As part of the study you will:

- Receive information on tension-type headache prevention
- Receive a home blood pressure machine, which you may keep upon completion of the study
- You and/or your doctor will receive a copy of your blood test results
- Contribute to research looking for better treatments for tension-type headache

**For more information, please call one of the GP practices below. You do not need to be an existing patient of these GP practices to participate.**

<b>Browns Plains, Queensland</b>	<b>Brookvale, New South Wales</b>	<b>Hinchinbrook, New South Wales</b>
<i>Browns Plains Family Practice</i> Ria Halstead <a href="mailto:rhalstead@sonicclinicaltrials.com">rhalstead@sonicclinicaltrials.com</a> +61 7 3809 2911	<i>Vale Medical Centre</i> Sarah Bray <a href="mailto:sbray@sonicclinicaltrials.com">sbray@sonicclinicaltrials.com</a> +61 2 9938 4433	<i>Valley Plaza Medical Centre</i> Joanne Price <a href="mailto:jprice@sonicclinicaltrials.com">jprice@sonicclinicaltrials.com</a> +61 2 9826 8777

This project has been approved by Bellberry Human Research Ethics Committee HREC 2017-10-803.