

## **A Pilot Study Evaluating a Self-Help Version of a New Approach to Headache Trigger Management**

### **Do you suffer from frequent headaches or migraines?**

Research is being conducted on a self-help version of a new approach to headache trigger management, *Learning to Cope with Triggers*. This approach has been shown to be more effective than previous approaches, and has been evaluated in published studies where participants experienced reductions in headaches and medication use **three times larger** than participants following traditional advice to avoid triggers. A self-help adaptation aims to improve the accessibility of this effective approach outside the constraints of face-to-face delivery.

We are seeking participants who: are aged 18 years or older; experience a minimum of 6 headache days per month; have a minimum headache history of 12 months, with stable symptom patterns over 6 months; and have access to the internet.

This study involves 3 phases over a 12-week period:

Phase I – Complete an information sheet providing demographics and headache history. If eligibility is confirmed, you will be sent login details to access an online headache diary. You will record your headaches daily for 2 weeks, and will then receive the self-help manual and complete a brief questionnaire.

Phase II – Complete 3 brief questionnaires prior to beginning the program, and complete the self-help manual over 8 weeks. Throughout the program, you will record your headaches daily via the online headache diary, and receive emails from the research team on a weekly basis for support. You will also complete mid-program evaluation and progress monitoring.

Phase III – After completing the manual, you will complete the 3 questionnaires from Phase II and a brief program evaluation questionnaire to provide feedback regarding your experience. You will continue to record your headaches via the online headache diary for 2 weeks post finishing the manual.

This project is approved by the Griffith University Human Research Ethics Committee (GU Ref No: 2016/459).

For more information, or to begin participating in this study, please contact our research team on the details provided below. Your participation in this study is greatly appreciated.

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