

BE WELL With Migraine: Brain Education and WELLness With Migraine

Status: RECRUITING

Eligibility Criteria

Sex: ALL

Age: 18 years and over

Healthy Volunteers: This study is NOT accepting healthy volunteers

Inclusion Criteria:

- Diagnosis of migraine with or without aura by with headache frequency of 4-20 days/month
- At least 1 year of migraine
- At least 18 years old
- Able to participate in 8 weekly online classes
- Willingness to complete baseline headache logs
- Headache-related disability (Headache Impact Test (HIT)-6) score >50
- Fluent in English
- Completion of technology onboarding with the online platform
- Pregnant women who are less than or equal to 16 weeks gestation at enrollment are allowed to participate

Exclusion Criteria:

- Major unstable medical/psychiatric condition that could be unsafe for participants or for the group environment.
- Medication overuse headache, with migraine treatment
- Pregnant women who are more than 16 weeks gestation at enrollment
- Unstable migraine treatment at enrollment: any preventive treatment (oral or injectable medication or neuromodulatory device) started within 12 weeks OR acute treatment within 4 weeks to ensure stability
- Unwillingness to maintain stable current medication dosages for study duration
- Failure to complete baseline headache logs
- Heavy alcohol and illicit drug use
- Participation in another intervention clinical trial or one that would interfere in this study
- Experience with stress reduction training (daily meditation practice, regular use of a mindfulness app, or prior experience with MBSR)
- Any, and all other diagnoses or conditions which, in the opinion of the site investigator, would prevent the patient from being a suitable candidate for the study or interfere with the medical care needs of the study participant: COVID-positive test within 30 days of enrollment

Conditions & Interventions

Interventions:

BEHAVIORAL: Brain Education and WELLness with Migraine Group A, BEHAVIORAL: Brain Education and WELLness with Migraine Group B

Conditions:

Migraine

Keywords:

Migraine, Migraine without aura, Migraine with aura, behavioral, mind-body, integrative, virtual, online

More Information

Description:

The goal of this randomized clinical trial is to evaluate two different non-drug, virtual treatment options designed to improve the lives of patients with migraine. Both interventions involve 8 weekly sessions and an online platform with additional content and learning. Participants can stay on all their medications during this study. Information from this study may help determine how to better treat migraine.

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Principal Investigator:

Principal Investigator ID:

Phase: NA

IRB Number:

System ID: NCT05987592

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