

Do You Suffer From Migraine Headaches?

Researchers at **University of Maryland Dental School** and **Johns Hopkins School of Medicine** are looking for volunteers with migraine headaches to participate in a research study looking at ways to reduce headaches that do not involve drugs. You will learn various stress management techniques and some people will learn mindfulness meditation techniques.

To participate, you must:

- Be 18-65 years old
- Have had migraines for at least 1 year
- Experience 4 to 14 headaches per month
- Not be using opioid (“narcotic”) pain medication

To see if you are eligible, you must complete:

- Two screening visits that include
 - o Evaluation and questionnaires
 - o Sensory testing procedures
 - o One or more MRI’s of your brain
- Daily migraine diaries completed online

If you are eligible, the study involves:

- Assignment to one of two stress management groups
 - o Both groups use non-drug techniques and one group includes mindfulness meditation
 - o Each group includes 12-13 sessions that will occur over a 4 month period
- All examinations, parking, & tests are provided at no cost
- Compensation up to \$900, for completing ALL study visits

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Study Number HP-00053524

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Study Number NA_ 00091884

For information please call the number below

Ask about the Migraine Study

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