



The Feasibility of RELAXaHEAD (A Smartphone Based Progressive Muscle Relaxation Therapy and Electronic Diary Application) For Use in a Headache Center



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Background

- Most people with migraine do not undergo the Level A Evidence-Based behavioral treatments for migraine prevention
- Using a platform developed by IRODY, we created a smartphone app (RELAXaHEAD) that administers progressive muscle relaxation (PMR) treatment with an electronic headache diary to patients

Objectives

- To assess preliminary data of the feasibility of use of RELAXaHEAD in the outpatient Headache Center setting

Methods

- Enrolled adults ages 18-85 meeting ICHD 3 beta criteria for migraine
- Inclusion criteria: No behavioral treatment for migraine in the past year, 4+headache days a month
- Initial baseline questionnaire with demographics and migraine history including migraine disability (MIDAS) administered
- One PMR session completed during the enrollment session following the questionnaire
- Patients asked to complete 20 minutes/day of PMR for 3 months and complete a daily headache diary

Results

- Within the first 30-day period, mean number of days of diary entry was 25.14 [SD: 6.44, range: 7-30]
- Within the first 30-day period, mean number of days of PMR was 11.24 [SD 6.64, range: 3-28]
- 57% were reached for an initial 30-day follow-up survey

Conclusions

- On average, patients performed PMR about 3 times per week
- Most patients enrolled in the study completed the headache diary on a near daily basis
- Initial feasibility testing will inform protocol refinements

