

## **painACTION.com: An Internet-based Behavioral Intervention to Support Migraine Self-Management and Coping**

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### **Purpose**

Effective migraine treatment should engage the patient in behavioral self-management so they can identify and manage headache triggers, and engage in other self-management behaviors. Very few resources exist to help migraineurs learn self-management skills and coping strategies. This study tested an Internet intervention called painACTION for teaching these skills and strategies.

### **Method**

The parallel groups design included two conditions: (1) An experimental group that used the website for a minimum of 8 sessions during a one-month intervention period, and a minimum of 5 times during a five month follow-up period; and (2) A control group that was not exposed to the website. Assessments occurred at baseline, and 1-month, 3-months, and 6-months. An IRB-approved protocol was used to recruit participants via online advertising.

We hypothesized that the experimental group would demonstrate (1) reduced frequency and severity of headaches, (2) increased self-efficacy to perform headache self-management and symptom management strategies; and (3) reduced migraine related distress.

### **Results**

The experimental group showed significant increases in headache self-efficacy, headache internal locus of control, and pain coping; and significant decreases in pain catastrophizing, stress, depression, and anxiety.

### **Conclusions**

Results indicate painACTION is a promising behavioral adjunct to medical care. Because many people with migraine have limited access to expert behavioral and lifestyle change support, or are reluctant to seek "mental health" services, this online resource serves as an important element of a comprehensive disease management approach by integrating a behavioral health perspective.