

Supplementary Online Content

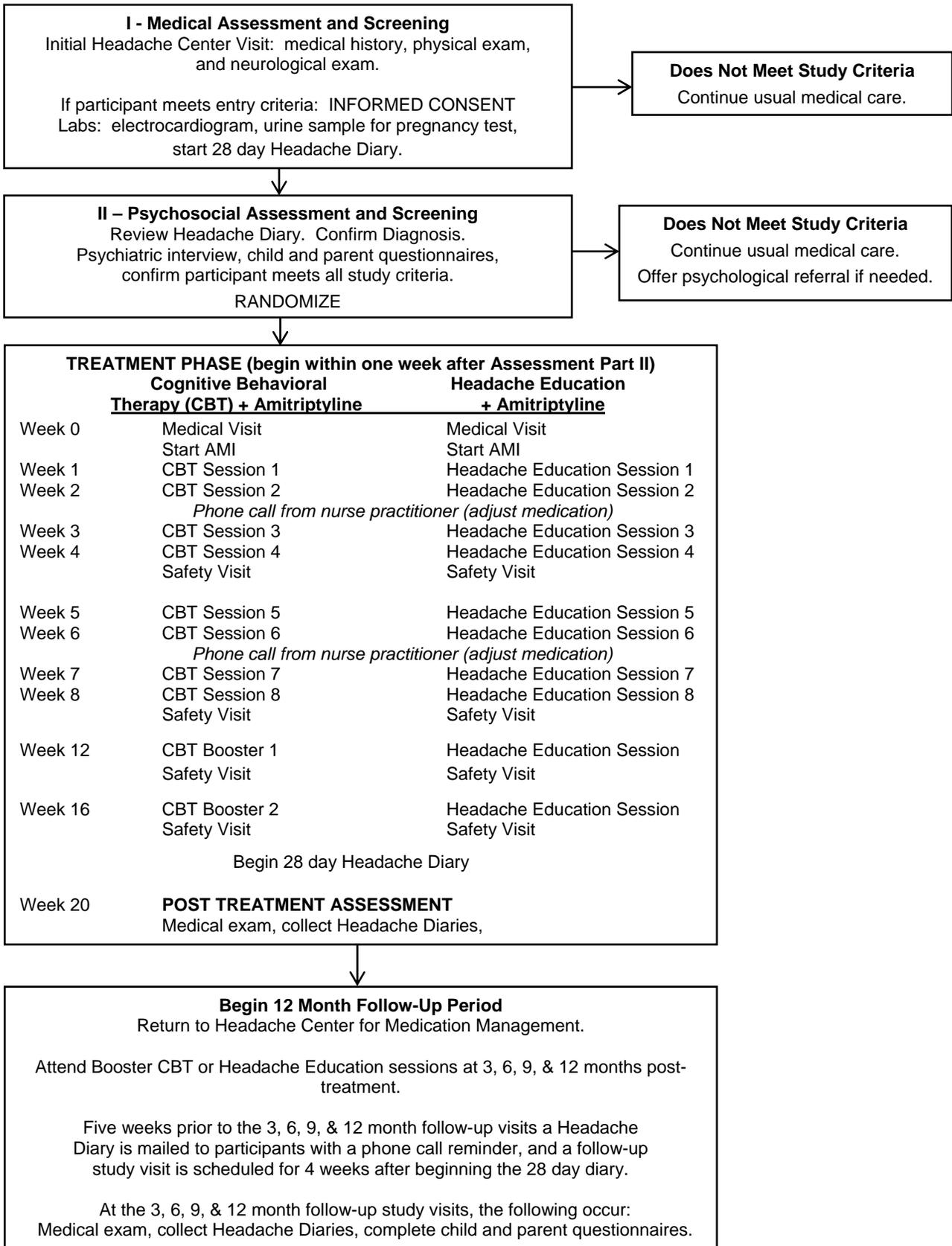
Powers SW, Kashikar-Zuck SM, Allen JR, et al. Cognitive behavioral therapy plus amitriptyline for chronic migraine in children and adolescents: a randomized controlled trial. *JAMA*. doi:10.1001/jama.2013.282533

eFigure. Summary of study protocol

eTable. Session by session summary for cognitive behavioral therapy and headache education

This supplementary material has been provided by the authors to give readers additional information about their work.

eFigure. Summary of Study Protocol



eTable. Session by Session Summary for Cognitive Behavioral Therapy and Headache Education

	Cognitive Behavioral Therapy + Amitriptyline	Headache Education + Amitriptyline
Session 1 (Child & Parent)	<p>Introductions and rapport building.</p> <p>Rationale for behavioral pain management.</p> <p>Demonstrate biofeedback.</p> <p>Discuss parent guidelines.</p>	<p>Introductions and rapport building.</p> <p>Discussion of headache symptoms, participant's experience of pain, and impact of headaches on their life.</p>
Session 2 (Child Only)	<p>Review diaries and biofeedback-assisted relaxation (muscle relaxation and mini-relaxation).</p> <p>Establish home practice schedule.</p>	<p>Describe chronic headache in more detail, physiology of headaches, and how the diagnosis is made. Discuss participant's activities in the past week.</p>
Session 3 (Child Only)	<p>Review diaries and distraction techniques - pleasant imagery and pleasant activities.</p> <p>Review biofeedback and home practice plan.</p>	<p>Review activities in the past week.</p> <p>Discuss the different types of medications used to treat headaches.</p>
Session 4 (Child Only)	<p>Review diaries. Discuss participant's typical activity level and activity pacing and problem-solving to manage headaches.</p>	<p>Review activities in the past week and lifestyle factors, such as the role of diet, fluid intake, and exercise in pain management.</p>
Session 5 (Child & Parent)	<p>Review progress so far. Review coping skills learned. Assess parent's adherence to parent guidelines and problem-solve any barriers.</p>	<p>Review activities in the past week. Assess progress. Influence of chronic headache symptoms on family and home life.</p>
Session 6 (Child Only)	<p>Review diaries. Discuss impact of thoughts and feelings on pain perception, recognition of negative thoughts, and using calming statements.</p>	<p>Review activities in the past week.</p> <p>Discuss participant's typical sleep patterns, school routine, and impact of headaches on schoolwork.</p>
Session 7 (Child only)	<p>Review diaries, strategies learned, and biofeedback assisted relaxation. Continued training in problem-solving skills and use of cognitive strategies. Plan for maintenance.</p>	<p>Review activities in the past week. Discuss fatigue, mood, and stress; and working with healthcare team, communication between participants & doctors, and staying informed.</p>
Session 8 (Child & Parent)	<p>Review diaries and skills learned.</p> <p>Assess parent's perception of the child's progress and review their role as a "coach."</p> <p>Plan for maintenance.</p>	<p>Review activities in the past week.</p> <p>Review their experience in the program.</p> <p>Elicit feedback from participant and parent.</p>
Booster Sessions & Follow-Up Sessions	<p>Assess progress. Review home practice of coping skills, reviewing skills as needed, problem-solving barriers to skills practice, and enhanced maintenance plan.</p>	<p>Assess progress, review activities in the preceding weeks, discuss headache symptoms, offer support, and review educational materials.</p>