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Can an online group program help Canadian veterans better manage migraine?

Submission date 08/03/2026	**Recruitment status** Recruiting	[ ] Prospectively registered [ ] Protocol [ ] Statistical analysis plan [ ] Results [ ] Individual participant data [X] Record updated in last year
Registration date 12/03/2026	**Overall study status** Ongoing	
Last Edited 10/03/2026	**Condition category** Nervous System Diseases	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Principal investigator, Scientific, Public

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Additional identifiers

Study information

Scientific Title
Impact of an online group-based migraine self-management program for French-speaking Canadian veterans: a pragmatic randomized controlled trial

Study objectives

Ethics approval required

Ethics approval required

Ethics approval(s)
approved 20/02/2026, Research Ethics Committee of the University of Quebec in Abitibi-Témiscamingue (CÉR-UQAT) (445 Bd de l'Université, Rouyn-Noranda, J9X 5E4, Canada; +1 (0)819 762 0971 ext 2113; CER@uqat.ca), ref: 2026-01_Ferland, Lise

Primary study design
Interventional

Allocation
Randomized controlled trial

Masking
Open (masking not used)

Control
Active

Assignment
Parallel

Purpose
Treatment, Self management

Study type(s)

Health condition(s) or problem(s) studied
Migraine

Interventions
Participants will be randomly assigned to the intervention or control group using a computer-generated randomization sequence created with the online randomization tool Randomizer.org. Participants will first be stratified by sex assigned at birth, and then randomly allocated to either the intervention group or the waitlist control group.

Experimental group (intervention):
Participants will take part in the Migraine Self-Management Program, delivered online in a group format via Zoom. The program consists of biweekly synchronous workshops facilitated by a qualified healthcare professional (physiotherapist and researcher). A manual (paper and PDF) is provided. Sessions include practical strategies for migraine self-management, education on triggers, coping techniques, and exercises. Attendance will be tracked, and reasons for drop-out will be documented. Participants will also record migraine episodes using a paper calendar or the Migraine Tracker app to support accurate outcome measurement.

Control group:
Participants on the waitlist will receive informational emails every 2 weeks covering the same topics as the program without the interactive sessions. After 6 months, they will have the option to participate in the full online program.

Intervention Type

Behavioural

Primary outcome(s)
1. Self efficacy measured using French-Canadian Chronic Pain Self-Efficacy Scale at 0, 3, 6, 9 and 12 months

Key secondary outcome(s))
1. Pain intensity and pain interference as well as broader health domains measured using PROMIS-29 Profile v2.0 at 0, 3, 6, 9 and 12 months
2. Functional impact of migraine on daily activities measured using the Headache Impact Test (HIT-6) at 0, 3, 6, 9 and 12 months
3. Migraine-specific quality of life measured using the Migraine-Specific Quality of Life Questionnaire (MSQ) at 0, 3, 6, 9 and 12 months
4. Participants' perceived overall change in pain symptoms measured using the Patient Global Impression of Change (PGIC) at 3, 6, 9 and 12 months
5. Burden of migraine between headache episodes measured using the Migraine Interictal Burden Scale (MIBS-4) at 0, 3, 6, 9 and 12 months
6. Headache frequency: number of headache episodes recorded using a headache diary (paper calendar) or the Migraine Tracker application at 0, 3, 6, 9 and 12 months

Completion date
30/06/2027

Eligibility

Key inclusion criteria
1. Canadian veterans living with migraine
2. Able to take part in a francophone online group
3. Consent to be part of the study

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
18 years

Upper age limit
100 years

Sex
All

Total final enrolment
0

Key exclusion criteria
Does not meet the inclusion criteria

Date of first enrolment
10/03/2026

Date of final enrolment
31/12/2026

Locations

Countries of recruitment
Canada

Sponsor information

Organisation
Université du Québec en Abitibi-Témiscamingue

ROR
https://ror.org/02mqrrm75

Funder(s)

Funder type

Funder Name
Université du Québec en Abitibi-Témiscamingue

Alternative Name(s)
UQAT

Funding Body Type
Private sector organisation

Funding Body Subtype
Universities (academic only)

Location
Canada

Funder Name
Chronic Pain Centre of Excellence for Canadian Veterans

Alternative Name(s)

Centre d'excellence sur la douleur chronique pour les vétérans canadiens, CPCoE, CESLDC

Funding Body Type
Private sector organisation

Funding Body Subtype
Research institutes and centers

Location
Canada

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available