

Tai Chi for the Prophylaxis of Episodic Migraine: the Efficacy Examination and Mechanism Exploration

NCT05690737

Status	RECRUITING
Phase	Not Applicable
Sponsor	The Hong Kong Polytechnic University
Enrollment	220 participants

Key Eligibility Criteria

Inclusion (8)

- Chinese woman, aged 18-65 years.
 - Have a clinical diagnosis of episodic migraine (migraine with less than 15 attacks per month) with or without aura according to the International Classification of Headache Disorders, 3rd edition (ICHD-3).
 - First migraine attack before the age of 45 years.
 - Between two and six migraine attacks in one month.
 - At least one of the following migraine characteristics is met: nausea, vomiting, photophobia, or phonophobia.
- ... and 3 more (see full listing online)

Exclusion (9)

- Severe migraine attacks with disabilities that cannot perform moderate intensity physical activity.
 - Secondary headache and other neurological disease.
 - More than 5 days of non-migrainous headache per month.
 - Experience with Tai Chi or other body-mind exercises (yoga, biofeedback, medication, etc.) after diagnosis of migraine.
 - Undergoing other alternative therapeutic treatments during recruitment period, or received other alternative therapeutic treatments in the past 12 weeks.
- ... and 4 more (see full listing online)

Locations (2 total)

The Hong Kong Polytechnic University, Hong Kong, HONG KONG, Hong Kong
The Hong Kong Polytechnic University, Hung Hom, Hong Kong