

# High-Density EEG-MEG-wearable EEG: Comparison of Quantitative Electroencephalographic Indicators as Neurophysiological Markers of Effectiveness of Mindfulness Therapy in Addition to Standard Treatment in Patients With High-frequency Episodic Migraine

NCT06938178

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Status	RECRUITING
Sponsor	Fondazione I.R.C.C.S. Istituto Neurologico Carlo Besta
Enrollment	40 participants

## Key Eligibility Criteria

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### Inclusion (1)

- Adult patients will be included who fulfil the ICHD-3 criteria [8] for HFEM, code 1.3-Chronic Migraine (characteristics similar to CM but with a frequency of 8-14 migraine days per month) with stable therapy in the 3 months prior to the start of Mindfulness treatment. If the therapy is changed during the screening visit, the patient will wait 3 months before starting Mindfulness treatment.

### Exclusion (5)

- in the presence of psychiatric comorbidities in the psychotic area, reported in the history or assessed by the clinician
- if pregnant
- in the presence of secondary headache comorbidities (e.g. idiopathic intracranial hypertension)
- if they have undergone symptomatic abuse detoxification at least twice in the previous two years
- if they have already undergone any kind of treatment with Mindfulness or meditation techniques

## Locations (1 total)

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Fondazione IRCCS Istituto Neurologico C. Besta, Milan, Italy