

Development of a Smartphone-based Treatment for Headaches

We are running a focus group that will bring together adolescents and young adults who suffer from recurrent headaches, and technical people with experience with Smartphones to discuss the development of a program for headache sufferers delivered via a Smartphone.



For more information, or if you are interested in participating in this research, please contact us:

whi.study@gmail.com

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*Accessing needs and interests:
Lessons from a focus group study*

Do you, or does someone you know:

Suffer from recurrent headaches, are between the ages of 14 - 28 years, and have cell phone that you use the Internet on?

OR

Work on developing applications for Smartphones, or have a Computer Science background and experience using Smartphone applications?



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We are looking for two types of participants to take part in a joint focus group discussion:

(1) Participants who:

- Have suffered 2 or more headaches each month, for the last 3 months.
- Are between the ages of 14 – 28.
- Have a cell phone and experience using the Internet on it.
- Understand and communicate English well.

(2) Participants who:

- Work on the development of applications for Smartphones
- OR**
- Have experience and knowledge using Smartphone applications, with a Computer Science background.
 - Understand and communicate English well.



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During the focus group, participants will be asked for their opinions, needs and concerns associated with recurrent headache episodes, and methods they use to help them to get through a headache.

We will also discuss how Smartphones could be used to deliver a support program to help adolescents and young adults manage their recurrent headaches.

Participants will be reimbursed with a \$30.00 gift card from Empire Theatres for their time.



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Participants will be asked to:

- Participate in a discussion group between 1.5 – 2 hours long held at the IWK Health Centre.
- Participate in a group made up of individuals who suffer from recurrent headaches, and individuals who are experienced with Smartphone applications.
- Answer questions about their own experiences with headaches and cell phones.
- Provide suggestions for the development of our support treatment delivered entirely on an advanced cell phone.
- Complete a short questionnaire providing basic background information.

