**Appendix Table D45. Migraine frequency with Internet-based self management for migraine prevention in childhood and adolescence (unclear risk of bias randomized controlled clinical trial)18**

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| --- | --- | --- | --- | --- | --- | --- |
| **Active treatment** | **Control treatment** | **Definition of the outcome** | **Mean [SD] in active and control group** | **Mean difference**  **(95% CI)** | **Standardized**  **Cohen mean difference**  **(95% CI)** | **Means ratio**  **(95% CI)** |
| Self-help training program Applied relaxation | Educational intervention | Headache frequency : 6 weeks | 7.4 [7.60] 6.7 [6.50] | 0.70 (-3.62 to 5.02) | 0.10  (-0.52 to 0.71) | 1.10  (0.60 to 2.04) |
| Self-help training program Multimodal CBT | Educational intervention | Headache duration: 6 weeks | 4.8 [2.90] 6.1 [5.10] | -1.30 (-3.87 to 1.27) | -0.32  (-0.93 to 0.28) | 0.79  (0.50 to 1.23) |
| Self-help training program Applied relaxation | Educational intervention | Headache duration: 6 weeks | 6.2 [3.90] 6.1 [5.10] | 0.10 (-2.71 to 2.91) | 0.02  (-0.59 to 0.64) | 1.02  (0.64 to 1.61) |
| Self-help training program Multimodal CBT | Applied relaxation | Headache frequency: 6 weeks | 4.9 [4.30] 7.4 [7.60] | -2.50 (-6.11 to 1.11) | -0.41  (-0.99 to 0.18) | 0.66  (0.38 to 1.15) |
| Applied relaxation | Headache duration: 6 weeks | 4.8 [2.90] 6.2 [3.90] | -1.40 (-3.40 to .60) | -0.41  (-0.99 to 0.17) | 0.77  (0.54 to 1.11) |
| Educational intervention | Headache frequency: 6 weeks | 4.9 [4.30] 6.7 [6.50] | -1.80 (-5.19 to 1.59) | -0.33  (-0.94 to 0.27) | 0.73  (0.42 to 1.28) |
| Educational intervention | Headache intensity: 6 weeks | 5.0 [2.40] 5.4 [2.00] | -0.40 (-1.72 to .92) | -0.18  (-0.78 to 0.42) | 0.93  (0.72 to 1.19) |
| Self-help training program Applied relaxation | Educational intervention | Headache intensity: 6 weeks | 5.6 [1.90] 5.4 [2.00] | 0.20 (-1.00 to 1.40) | 0.10  (-0.51 to 0.72) | 1.04  (0.83 to 1.29) |
| Self-help training program Multimodal CBT | Applied relaxation | Headache intensity: 6 weeks | 5.0 [2.40] 5.6 [1.90] | -0.60 (-1.85 to .65) | -0.28  (-0.86 to 0.31) | 0.89  (0.70 to 1.13) |

CBT = Multimodal cognitive-behavioral training; AR = applied relaxation; SD = Standard deviation