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The Efficacy of Biofeedback in the Treatment of Tension Headaches

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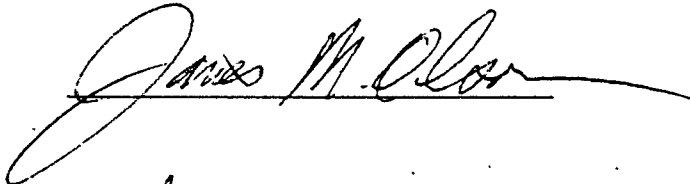
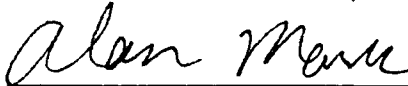
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THE EFFICACY OF BIOFEEDBACK IN THE TREATMENT OF
TENSION HEADACHES

APPROVED BY SUPERVISORY COMMITTEE:


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THE EFFICACY OF BIOFEEDBACK IN THE TREATMENT OF
TENSION HEADACHES

by

MICHAEL EARL WATERS, B. A.

THESIS

Presented to the Graduate Faculty of Behavioral Science

The University of Texas of the Permian Basin

in Partial Fulfillment

of Requirements

for the Degree of

MASTER OF ART

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

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ABSTRACT

Fifteen adults from the general population with chronic tension headaches were divided into four groups. Four were assigned to relaxation instructions, biofeedback (EMG and temperature), and home relaxation practice; four were assigned to relaxation instructions and biofeedback; four were assigned to biofeedback alone; and three were assigned to a no-treatment group. Subjects completed a ten-day baseline period followed by a three-week treatment period. Measures were taken of headache frequency, duration, intensity, frontalis EMG, and temperature recordings. Comparisons of pre- and post-treatment data indicated that not one treatment group was significantly different from any other treatment group, including the no-treatment group, in the reduction of self-reported headache frequency, duration, and intensity.