

## Estudios y referencias

- Andrasik, F. (2007). What does the evidence show? Efficacy of behavioural treatments for recurrent headaches in adults. *Neurol Sci*, 28 (Suppl 2), S70-S77.
- Nestoriuc, Y., Rief, W., & Martin, A. (2008). Meta-analysis of biofeedback for tension-type headache: Efficacy, specificity, and treatment moderators. *J Consult Clin Psychol*, 76(3), 379-396.
- Nestoriuc, Y., & Martin, A. (2006). Efficacy of biofeedback for migraine: A meta-analysis. *Pain*, [epub ahead of print].
- Rains, J. C. (2008). Change mechanisms in EMG biofeedback training: Cognitive changes underlying improvements in tension headache. *Headache* e, 48(5), 735-736, Discussion 736-737.
- Trautmann, E., Lackschewitz, H., & Kroner-Herwig, B. (2006). Psychological treatment of recurrent headache in children and adolescents – A meta-analysis. *Cephalgia*, 26(12), 1411-1426
- American Academy of Pediatrics and the American Academy of Neurology  
<http://www.aan.com/globals/axon/assets/2354.pdf>  
[http://www.aan.com/professionals/practice/guidelines/migraine/Migraine\\_Guide\\_Patient\\_s.pdf](http://www.aan.com/professionals/practice/guidelines/migraine/Migraine_Guide_Patient_s.pdf)
- (Recomiendan el tratamiento en sus guidelines o guías de actuación práctica para pacientes)
- Andrasik, F. (2007). What does the evidence show? Efficacy of behavioural treatments for recurrent headaches in adults. *Neurological Sciences*, 28, Suppl 2, S70-7.
- Arena, J.G., Bruno, G.M., Hannah, S.L., & Meader, K.J. (1995). Comparison of frontal electromyographic biofeedback training, trapezius electromyographic biofeedback training, and progressive muscle relaxation therapy in the treatment of tension headache. *Headache*, 35(7), 411-419.
- Arndorfer, R.E., & Allen, K.D. (2001). Extending the efficacy of a thermal biofeedback treatment package to the management of tension-type headaches in children. *Headache*, 41(2), 183-92.
- Blanchard, E.B., & Kim, M. (2005). The effect of the definition of menstrually related headache on the response to biofeedback treatment. *Applied Psychophysiology and Biofeedback*, 30(1), 53-63.
- Ciancarelli, I., Tozzi-Ciancarelli, M.G., Spacca, G., Di Massimo, C., & Carolei, A. (2007). Relationship between biofeedback and oxidative stress in patients with chronic migraine. *Cephalalgia*, 27(10), 1136-1141.
- Conner, S.J., & Rideout, S. (2005). What are the best therapies for acute migraine in pregnancy? *Journal of Family Practice*, 54(11), 992-5.

- Damen, L., Bruijn, J., Koes, B.W., Berger, M.Y., Passchier, J., & Verhagen, A.P. (2006). Prophylactic treatment of migraine in children: Part 1. A systematic review of nonpharmacological trials. *Cephalgia*, 26(4), 373-383.
- Devineni, T., & Blanchard, E.B. (2005). A randomized controlled trial of an internet-based treatment for chronic headache. *Behaviour Research and Therapy*, 43(3), 277-292.
- Hermann, C., & Blanchard, E.B. (2002). Biofeedback in the treatment of headache and other childhood pain. *Applied Psychophysiology & Biofeedback*, 27(2), 143-162.
- Kaushik, R., Kaushik, R.M., Mahajan, S.K., & Rajesh, V. (2005). Biofeedback-assisted diaphragmatic breathing and systematic relaxation versus propranolol in long term prophylaxis of migraine. *Complementary Therapies in Medicine*, 13(3), 165-174.
- Labbe, E.E. (1995). Treatment of childhood migraine with autogenic training and skin temperature biofeedback: A component analysis. *Headache*, 35(1), 10-13.
- Martin, P.R., Forsyth, M.R., & Reece, J. (2007). Cognitive-behavioral therapy versus temporal pulse amplitude biofeedback training for recurrent headache. *Behavior Therapy*, 38(4), 350-363.
- McGrady, A., Wauquier, A., McNeil, A., & Gerard, C. (1994). Effect of biofeedback-assisted relaxation on migraine headache and changes in cerebral blood flow velocity in the middle cerebral artery. *Headache*, 34(7), 424-428.
- Nestoriuc, Y., & Martin, A. (2007). Efficacy of biofeedback for migraine: A meta-analysis. *Pain*, 128(1-2), 111-127.
- Rokicki, L.A., Holroyd, K.A., France, C.R., Lipchik, G.L., France, J.L., & Kvaal, S.A. (1997). Change mechanisms associated with combined relaxation/EMG biofeedback training for chronic tension headache. *Applied Psychophysiology & Biofeedback*, 22(1), 21-41.
- Rokicki, L.A., Houle, T.T., Dhingra, L.K., Weinland, S.R., Urban, A.M., & Bhalla, R.K. (2003). A preliminary analysis of EMG variance as an index of change in EMG biofeedback treatment of tensiontype headache. *Applied Psychophysiology and Biofeedback*, 28(3), 205-215.
- Silberstein, S.D. (2000). Practice parameter: Evidence-based guidelines for migraine headache (an evidence-based review): Report of the quality standards subcommittee of the American Academy of Neurology. *Neurology*, 55, 754-762.
- Trautmann, E., Lackschewitz, H., & Kroner-Herwig, B. (2006). Psychological treatment of recurrent headache in children and adolescents — a meta-analysis. *Cephalgia*, 26(12), 1411-1426.
- Vasudeva, S., Claggett, A.L., Tietjen, G.E., & McGrady, A.V. (2003). Biofeedback-assisted relaxation in migraine headache: Relationship to cerebral blood flow velocity in the middle cerebral artery. *Headache*, 43(3), 245-50.



- Verhagen, A.P., Damen, L., Berger, M.Y., Passchier, J., Merlijn, V., & Koes, B.W. (2005). Conservative treatments of children with episodic tension-type headache: A systematic review. *Journal of Neurology*, 252(10), 1147-1154.
- Abu-Arafeh I, Razak S, Sivaraman B, Graham C. Prevalence of headache and migraine in children and adolescents: a systematic review of population-based studies. *Dev Med Child Neurol* 2010;52:1088–97.
- Berg J, Stovner LJ. Cost of migraine and other headaches in Europe. *Eur J Neurol* 2005;12(Suppl 1):59–62.
- International Headache Society. Available at: [www.i-h-s.org](http://www.i-h-s.org)
- Jensen R, Stovner LJ. Epidemiology and comorbidity of headache. *Lancet Neurol* 2008;7:354–61.
- Lifting the Burden: The Global Campaign against Headache. Available at: [www.l-t-b.org](http://www.l-t-b.org)
- Lipton R, Stewart W, Diamond S, Diamond M, Reed M. Prevalence and burden of migraine in the United States: data from the American Migraine Study II. *Headache* 2001;41:646–57.
- Lyngberg AC, Rasmussen BK, Jorgensen T, Jensen R. Prognosis of migraine and tension-type headache: a population-based follow-up study. *Neurology* 2005;65:580–5.
- Merikangas KR, Lateef T. Epidemiology and quality of life of migraine. In: Fernandez-de-las-Penas C, Chaitow L, Schoenen J, editors. *Multidisciplinary management of migraine: pharmacological, manual and other therapies*. Sudbury, MA: Jones & Bartlett.