

Supplementary material

Sup. Table 1: Demographic and clinical characteristics of final dataset and all enrolled participants

Characteristic	Final dataset (N=91)	Enrolled (N=126)	Difference (p)
Age, y (SD)	44.5 (13.5)	44.3 (13.7)	0.94 ^a
Female, % (n/N)	83.5% (76/91)	87.3% (110/126)	0.43 ^b
Race % (n/N)			
Caucasian	92.3% (84/91)	91.3% (115/126)	0.78 ^b
Black or African American	6.6% (6/91)	6.3% (8/126)	0.94 ^b
Hispanic	1.1% (1/91)	2.4% (3/126)	0.49 ^b
Average number of headache days per month	18.8 (2.7)	18.7 (2.9)	0.81 ^a
Average number of migraine days per month	16.4 (3.8)	16.4 (3.8)	0.96 ^a
Triptan users, % (n/N)	45.1% (41/91)	38.9% (49/126)	0.36 ^b
Migraine with aura, % (n/N)	57.1% (52/91)	60.3% (76/126)	0.64 ^b
MBS % (n/N)			
Nausea	27.5% (25/91)	27.8% (35/126)	0.96 ^b
Photophobia	50.5% (46/91)	52.4% (66/126)	0.79 ^b
Phonophobia	18.7% (17/91)	17.5% (22/126)	0.82 ^b
Allodynia	3.3% (3/91)	2.4% (3/126)	0.68 ^b
Preventive medication use, % (n/N)	64.8% (59/91)	61.9% (78/126)	0.66 ^b

Table 1 presents the demographic and clinical characteristics of the study sample, for the final dataset (N=91), as well as all enrolled participants (N=126), and the statistical significance of the difference between them, using:

- a. T-test for continuous variables
- b. Chi square test for categorical variables

MBS- most bothersome symptom.

Sup. Table 2: contingency table of pain reduction in training session and across treatments

		consistency	
		Pain reduction	No pain reduction
Training	Pain reduction	19	12
	No pain reduction	12	30

A chi-square test of independence showed that pain reduction in the training treatment was associated with a higher chance of consistent pain reduction across following treatments ($\chi^2=7.81$, $p=0.005$).