

Appendix 1. Overview of coaching with core themes and activities (translated from German).

Module	Unit	Topics, exercises and tasks ^a
Onboarding		
	0	<ul style="list-style-type: none">• Introduction of the digital coach, coaching, and the study• Set coaching intention and define an object to reflect/remember the intention• Watch a video about the aim of the study and the aim of the coaching
1 Psychoeducation		
	1	<ul style="list-style-type: none">• Browse different models about how headaches can develop (e.g.: functional condition model, trigger model)• Watch educational videos (e.g.: migraine development)• Exercise “mindful sprint” to reflect on crucial topics of the lesson
	2	<ul style="list-style-type: none">• Browse different symptoms of headaches
	3	<ul style="list-style-type: none">• Browse the course of headaches (e.g. TTH)• Listen to relaxation exercise (body scan)• Plan the integration into the daily routine and anticipate obstacles• Watch an educational video on the topic and complete the optional quiz
2 Relaxation		
	4	<ul style="list-style-type: none">• Browse different relaxation activities and how they work• Watch educational videos (relaxation and headaches)• Anticipate difficulties of relaxation and strategies to cope• Perform meditation exercise
	5	<ul style="list-style-type: none">• Learn about different types of mindfulness strategies (e.g. formal and informal practice) and how they can be applied• Plan to adopt mindfulness exercises between coaching sessions (e.g. sensing fragrance in a flower store)• Exercise “mindful sprint” to reflect on crucial topics of the lesson
	6	<ul style="list-style-type: none">• Introduction on the concept of acceptance and headaches• Browse different breathing exercises• Learn and experiment with different breathing exercises in different contexts
	7	<ul style="list-style-type: none">• Emphasize the importance of physical activity in relation to headache• Browsing different aspects of physical activity (e.g.: type of activity, intensity, motivation)• Planning to integrate physical activity into the daily routine• Practicing imagination exercise
3 Balanced lifestyle		
	8	<ul style="list-style-type: none">• Discuss the association between your lifestyle and headaches and watch an educational video• Learn about the importance of regular lifestyle and sudden changes in stress and recovery• Set goals towards a balanced lifestyle (e.g., regular recovery) and plan implementation into the daily routine
	9	<ul style="list-style-type: none">• Reflect on personal values, and reflect on domains of life in relation to resources (e.g. family, work, etc.)• Anticipating optimization of recourses and efforts in different life domains• Exercise “mindful sprint” to reflect on crucial topics of the lesson
	10	<ul style="list-style-type: none">• Familiarize yourself with the concept of shielding stimuli and watch an educational video

- Browse different strategies to keep away negative stimuli (e.g. retreat, breathing, imagination)
- Planning to adopt imagination (stimuli shield) in a relevant situation
- 11 • Emphasize importance of regular sleep habits
- Reflect own sleeping habits and brows healthy sleep habits (e.g.: napping, rituals)

4 Cope with fear of headache attack

- 12 • Introduce the function of fear and its impact on behavior and vicious circle
- Step-by-step guidance for sustainable integration of a previously set goal
- 13 • In-dept discussion of vicious circle of fear resulting in dysfunctional behavior, watch educational video
- Consider a scenario with experiencing fear of headache attack and reflect related emotions, thought patterns, and dysfunctional behavior by guided behavior analyses
- 14 • Learn about alternative thoughts and coping styles (functional behavior)
- Guided reflection of options (helpful thoughts) to coping with fear
- Prepare a “plan B” in case of a headache
- Familiarize yourself with the concept of acceptance
- Listen imagination exercise (focus on own resources)

5 Coping with headaches

- 15 • Browse medications for acute headaches, learn about applications, positive and negative aspects of medication application (e.g.: regular intake, medication overuse)
- Commit to the use of an alternative strategy for the case of mild headaches (e.g. heat or cold pack, imagination)
- Watch video about using ice friction for mild headaches
- 16 • Browse different medications, their use, and positive and negative aspects
- Review the optimization of resources and efforts in different life domains
- 17 • Familiarize with the concept of avoidance vs endurance and analyze own behavioral patterns
- Reflect on own priorities in life (e.g. work, social activities)
- Consider if and how to communicate in case of headache related absence
- Watch educational video about different types of headache-specific massages (e.g. face, neck, shoulder)
- 18 • Reflect on your functional strategies to cope with headaches
- Discuss different options of behavior in case of headaches (e.g.: avoid stimuli, fresh air, distraction)
- Review your behavior with regard to endurance and plan for breaks and retreats as appropriate
- Listen to imagination exercise (perception of pain)
- Exercise “mindful sprint” to reflect on crucial topics of lesson

6 Headache trigger

- 19 • Introduction into topic of trigger and how they are related to headaches
- Find out about most common triggers
- Note that triggers are often not reliable and do not always trigger a headache attack, avoidance is not always effective
- 20 • Analyze personal trigger (HTSAQ^b) in terms of response and avoidance

- 21
 - Browse different strategies in dealing with triggers (e.g.: avoidance, habituation)
 - Reflect on own triggers in relation to response and avoidance
 - Anticipate alternative strategies in dealing with triggers
 - Plan imagination exercise (perception and change of perception)
 - 22
 - Familiarize yourself with different recommendations on specific triggers (e.g.: stress, sleep, avoidance)
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7 Stress management

- 23
 - Browse different aspects and symptoms of stress (e.g.: stress reaction)
 - Understand the interaction of stressors, stress enhancer and stress reaction
 - 24
 - Understand relation of stress and headaches and identify stressors
 - Guided instruction to identify own reaction to stress: physical, behavioral, emotional, and thought patterns
 - Watch a video clip about cervical spine exercises
 - 25
 - Understand 3 dimensions of stress coping (situational, mental, regenerative)
 - Understand different strategies to deal with stress:
 - Define a situation where boundaries should be set
 - Identify own social network as recourse and plan strategies to cultivate social network
 - Understand the concept of inner distance to stressors
 - 26
 - Importance of recovery: strengthen awareness of signs of stress and set intention to focus on these signs within next weeks
 - Quiz on stress competencies
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Between modules

- Anticipate difficulties of relaxation and strategies to cope with difficulties
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Outro

- Appreciate your achievement
 - Reflect on personal goal achievement and plan to keep the goals in mind (write a letter to you)
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^aTopics and tasks can be selected as appropriate.

^bHeadache Triggers Sensitivity and Avoidance Questionnaire, German short version.