



**Maynooth
University**
National University
of Ireland Maynooth

“Chronotype and headache aetiology: do chronotype specific sleep and wake behaviours predict headache type and frequency?”

Study details

This study is conducted by Maynooth University (MU) Department of Psychology. The aim of this study is to examine the relationship between sleep-wake timings, sleep quality and dietary choices with the types of headaches experienced, specifically migraine and tension-type headaches. You will be asked to answer questionnaires with a series of questions on sleep-wake timings, sleep quality and food consumption, which should not take more than 15 minutes.

Who can participate

Adults aged 18 years and over, experiencing acute and chronic headaches. This study is focused on primary headaches, i.e. headaches that are not secondary to existing and transient medical conditions (e.g. fever, influenza, traumatic brain injury, stroke etc)

Confidentiality and data use

Participation is voluntary and all data collected are anonymous. No personal identifiers are collected. The data will be compiled in a report made available to MU Psychology Department and the Migraine Association of Ireland, and may be used for academic publication.

Benefits and risks associated with participation

Participation in this study does not result in any form of diagnoses or treatment. Your responses could help advance existing knowledge about headaches and add value to the field of health sciences.

There are no known adverse consequences to participation in this study. Completion of the questionnaires or reflecting on headache experiences may trigger a headache for some. You can exit the survey at any time if you experience any discomfort. If you experience severe distress from migraine and/or headache you should call your GP directly or contact the Migraine Association of Ireland at www.Migraine.ie or at (01) 8941280 / (01) 8941281.

Further information

Please contact the researchers directly if you have further questions.

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