**Appendix Table D91. Efficacy of beta-blockers combined with behavioral therapy (orientation + relaxation training; migraine warning signs and triggers; effectively using migraine medication and reducing impact of migraines; stress management or biofeedback training; migraine management plan) vs. placebo for migraine prevention in adults, results from individual medium risk of bias randomized controlled clinical trial207**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Definition of the Outcome** | **Active Treatment** | **Randomized for**  **Active Treatment**  **[Placebo]** | **Mean**  **[Standard**  **Deviation] with Active Treatment** | **Mean**  **[Standard Deviation] with Placebo** | **Mean Difference**  **(95% CI)** | **Cohen Standardized Mean**  **Difference (95% CI)** |
| **Mean HSE (Headache Management Self-Efficacy Scale) at month 16** | **Propranolol(240mg/day) or nadolol (120mg/day)**  **plus behavioral Migraine Management** | **69 [55]** | **144.8 [23.6]** | **117.2 [18.6]** | **27.6 (20.2 to 35.0)** | **1.3 (0.9 to 1.7)** |
| **Mean Internal HSLC (Headache Specific Locus of Control) at month 16** | **Propranolol(240mg/day) or nadolol (120mg/day)**  **plus behavioral Migraine Management** | **69 [55]** | **63.9 [7.7]** | **55.5 [9.5]** | **8.4 (5.3 to 11.5)** | **1.0 (0.6 to 1.4)** |
| **Mean Chance HSLC (Headache Specific Locus of Control) at month 16** | **Propranolol(240mg/day) or nadolol (120mg/day)**  **plus behavioral Migraine Management** | **69 [55]** | **21.1 [8.4]** | **30.7 [8.5]** | **-9.6 (-12.6 to -6.6)** | **-1.1**  **(-1.5 to -0.8)** |
| **Mean Medical Professionals HSLC (Headache Specific Locus of Control) at month 16** | **Propranolol(240mg/day) or nadolol (120mg/day)**  **plus behavioral Migraine Management** | **69 [55]** | **31.6 [6.9]** | **35.4 [6.5]** | **-3.8 (-6.2 to -1.4)** | **-0.6**  **(-0.9 to -0.2)** |

Bold = significant differences at 95% confidence limit when 95% CI of mean difference estimates do not include 0

CI = confidence interval