Are you autistic and do you get headaches?

We would like to hear from you.

Researchers at Ulster University are working with autistic people aged 16 and over who have frequent or long-lasting headaches. We are designing and testing an accessible headache self-management app, and we need your input.

There are two phases, and you can take part in one or both.

Phase 1: Interviews
Online or in person at an Ulster University campus closest to you if you live in Northern Ireland. They will last 45 to 90 minutes. We will ask about your experience of headaches, what helps or makes them worse, and what features you would find useful in a headache self-management app. The questions will be sent in advance so you can prepare. You will receive a £25 voucher as a thank-you.

Phase 2: App testing
Begins once interviews are complete. You will be asked to use the app for around 12 weeks to track your symptoms and try some self-management strategies. You will receive £25 vouchers at the start and end of the study, with a further £25 voucher if you take part in an optional exit interview (up to £75 total).

A formal autism diagnosis is not required. Self-identification is welcome.

For further information and to express your interest in the study, click here.

Or contact a member of the research team:

Una Higgins: u.higgins@ulster.ac.uk 02895367150

Joanne Marley, Chief Investigator: j.marley@ulster.ac.uk

Please feel free to share with anyone who might be interested.

This study has been approved by the Ulster University Research Ethics Committee. Reference number: REC/26/0041