



## **Annual Report – 2025**

### **Membership Standing Committee**

The International Headache Society is the leading global organization for those with professional commitment to helping people affected by headache.

#### **Membership Trends**

Membership numbers have been increasing over the past years, and in 2024 although the record numbers in 2023 were not achieved, numbers were still positive with over 1,800 members for the year; in 2024 IHS welcomed over 200 new members. To date in 2025 IHS has 1,950 members.

Associate membership is still offered to members from low and lower-middle income countries, and a discounted rate offered to members from upper-middle income countries; juniors from upper-middle countries are offered free of charge Associate membership. Associate membership numbers also continued to grow.

#### **National Societies**

IHS currently has 59 Affiliate Member Societies representing 56 countries.

We are happy to announce that since the last IHC in Seoul, in addition to Bangladesh, Bolivia, Dominican Republic, new affiliate societies have joined:

- Chile, Asociacion de Cefalea y Algias Craneofaciales de Chile
- Headache Society of Chinese Stroke Association
- Association of Ethiopian Neurologists
- Headache Association of Peru (ACEFAPERU)

We are in contact with representatives from other developing nations to encourage the establishment of new national headache societies under the auspices of the IHS.

Interest in joining has been received from several societies and it is hoped their memberships will be confirmed in the coming year.

During the year 2024, we made contacts with representatives of several national societies. In particular, we have made agreements with the Portuguese Headache Society (Sociedade Portuguesa de Cefaleias, SPC) and the French Headache Society (Société française d'étude des migraines et des céphalées, SFEMC). Both have pledged their support to the IHS in terms of promoting membership. They will do this with a nationwide subscription campaign through their official website and partner sites. Both societies have

adhered to the IHS Associate membership promotion, which involves a discount on the membership fees of their members. We will be looking to extend this model to other national societies in the coming months.

We had a lot of interactions with neurologists in Indonesia in 2024 and 2025. As a branch of the National Neurology Society, we are helping them establish their own headache society. The implementation of this process is at an advanced level. Mario Peres and Gianluca Coppola were invited to attend their conference and the new society's organisational meeting in Jakarta in April as visiting academics to achieve this. The Society has now submitted an application to join IHS as an Affiliate Member Society.

### **Membership Fees**

There was an increase in membership fees in 2024, the first since 2015 – fees remained stable for 2025 and there will be no increase for 2026

### **Membership Benefits**

- Membership benefits have been assessed and expanded
- Our online education centre is growing – there are many videos, webinars and podcasts available, plus the online Learning Institute, which is a CME-accredited course. Currently there is a course on migraine – with additional courses on cluster and pressure headaches to follow.
- In past years, we were able to provide discounts to conferences of affiliate organisations. We hope to continue to do so.
- Cephalalgia and Cephalalgia Reports publication fees continue to be discounted for IHS members.
- Junior travel grants to IHS congress and short stay observership grants
- Junior mentoring programme
- Contribute to headache guidelines and ICHD-4 classification

### **Additional benefits are currently being explored**

We are exploring novel ways to network. The exchange group survey was developed to determine the potential value of *International Headache Society Exchange Groups (IHS-EG)*. We assessed the perceived value of these groups to enhance connections, to promote excellence in patient care, scientific exchange of ideas, collaboration, leadership development, access to more professional opportunities, and social networking. The results of the survey will be summarized and presented.

### **Strategies**

Different strategies for membership retention are being explored, including expanded dual membership sign ups with national headache societies. In addition to partnering with national headache societies, we hope to increase engagement with other societies such as pain, neurology, and primary care. We recognize this may be a relatively small number, but hope to select “influencers” that can introduce others

to our organization. Discussions are ongoing to implement the best strategies to advance the mission of IHS.

The IHC 2025 sessions will be recorded and available for IHS members. It is hoped this will assist in attracting new members, and encouraging membership renewal.

Our major goals are to recruit junior members, new to the field, to the International Headache Society. Juniors are the future of our organization. We will discuss opportunities for collaboration with the Junior Committee, which is undergoing expansion to improve regional representation.

Another goal is to increase membership across underrepresented regions of the world, and to increase our associate membership in low-income countries.

We will also work with the communication committee to spotlight the achievements of our members as well as activities in our affiliate organizations. Membership materials are being developed, both flyers and slides, which can be used by all members when providing headache lectures or mentoring sessions.

Gianluca Coppola, MD, Teshamae Monteith, MD, FAHS, FAAN

IHS Membership Co-Chairs

August 19, 2025