

Invitation to the 3rd Online Meeting

Special Interest Group (SIG) “Psychology” within the International Headache Society (IHS)

Dear Colleagues,

We are very pleased to invite you to the **third online meeting** of the SIG Psychology within the International Headache Society. **The agenda can be found on the following pages.**

Since our last meeting, several developments have taken place within the SIG. This meeting will provide updates on current projects and initiatives, including our activities related to the IHC 2027 in Athens, the HEADS-UP project, and the proposed SIG Working Group on the development of the ICHD-4. We look forward to seeing you at the meeting.

Highlights of this Meeting

- Establishment of a new SIG Working Group on the development of the **ICHD-4**
- Update on our **IHC 2027** scientific symposium proposal
- Presentation of the revised **HEADS-UP** project proposal
- New educational initiatives from the **Brazilian Headache Society**
- Introduction of the new **Peer Research Support Meetings**
- Opportunities to join **SIG working groups**

The meeting will be held online on: **Thursday, 20 August 2026, Meeting Time (Reference: 16:30 UTC)**. To accommodate different time zones as fairly as possible, the meeting is scheduled at 16:30 UTC, corresponding to:

- California, USA (PDT): 09:30
- New York, USA (EDT): 12:30
- São Paulo, Brazil: 13:30
- London (BST): 17:30
- Germany (CEST): 18:30
- India (IST): 22:00
- China (CST, Beijing Time): 00:30 (next day)
- Japan (JST): 01:30 (next day)
- Australia East Coast (AEST): 02:30 (next day)

Please double-check your local time, especially if daylight saving time changes apply in your region.

Join Microsoft Teams:

<https://teams.microsoft.com/join/386208014604037?p=wOfliLlwJRarfbPPO>

Meeting ID: 386 208 014 604 037 **Passcode:** Eu9jW3uw

We look forward to your participation.

With warm regards,

Dawn C. Buse and Timo Klan, 13 August 2026

Agenda – 3rd Online Meeting SIG “Psychology” (20 August 2026)

1. Welcome and Approval of Minutes (10 Minutes)

Dawn C. Buse & Timo Klan

- Welcome to all participants
- Approval of the Minutes from the previous SIG meeting (21 May 2026)
- Welcome and brief introduction of new members (if applicable)

2. SIG Activities at the IHC 2027 in Athens (5 Minutes)

Dawn C. Buse

Brief update on current SIG activities related to the International Headache Congress (IHC) 2027, including:

- Submitted scientific SIG symposium: "Transcultural and Patient-Centered Migraine Science and Care for All: Integrating and Making Behavioral and Lifestyle Medicine Accessible Worldwide"
- Planned in-person SIG Psychology meeting during the congress

3. New SIG Working Group: Psychological Perspectives on the Development of the ICHD-4 (15 Minutes)

Mario Peres, Paul R. Martin, Richard B. Lipton

Following an invitation from IHS President Mario Peres, the SIG Psychology will contribute to discussions on the development of the International Classification of Headache Disorders (ICHD-4).

Topics for discussion include:

- The future of **Chapter 12: Headache attributed to psychiatric disorders**
- How psychological science can best contribute to the next edition of the ICHD
- Opportunities to better integrate the biopsychosocial model into the classification (including possible roles for multi-axial or dimensional approaches)

Following the discussion, we hope to establish a dedicated SIG working group. **Paul Martin** has kindly agreed to serve as **Working Group Lead**. Additional members will be invited to join the group.

4. Educational Resources and Outreach (10 Minutes)

Juliane Prieto Peres Mercante

Brief presentation of educational initiatives developed by the **Brazilian Headache Society**, including patient education materials on

- Lifestyle and migraine
- Migraine and insomnia (including CBT-I recommendations)

Juliane will also introduce ideas for expanding the educational activities of the SIG, including

- a YouTube channel, a SIG podcast, and
- short educational presentations for patients and healthcare professionals

Discussion of further ideas and opportunities for international collaboration.

5. HEADS-UP project: Status and next steps (5 Minutes)

Rebeca Vieira, Licia Grazzi, Timo Klan

Presentation of the revised **HEADS-UP project proposal**, including

- project objectives, study design
- current status

Discussion of opportunities for collaboration and allocation of tasks within the international working group.

6. New SIG Format: Peer Research Connections and Support Meetings (5 Minutes)

Dawn C. Buse, Timo Klan

Presentation of a new SIG initiative: In addition to our quarterly SIG meetings, we plan to organize two project-focused online meetings each year to provide members with opportunities to

- present planned or ongoing research projects
- ask questions and receive constructive feedback
- establish new collaborations

Each meeting will consist of four short presentations (10 minutes each), followed by discussion.

To better accommodate members across different time zones, the meetings will alternate between regions: **Autumn 2026** – Asia-Pacific and Australasia: moderated by Dawn C. Buse, and **Spring 2027** – Europe, the Middle East, Africa, and the Americas: moderated by Timo Klan.

First Peer Research Connections and Support Meeting:

- Date: 22 October 2026, 19:00–20:00 PDT / 23 October 2026, 02:00–03:00 UTC
- Focus: Asia-Pacific and Australasia
- Moderator: Dawn C. Buse

7. Communication within the SIG (5 Minutes)

Dawn C. Buse

Discussion of future formal, informal and social communication strategies within the SIG.

Topics include:

- Email communication (official), WhatsApp/Private Facebook group or other informal/social communication venues
- Shared documents and collaborative workflows
- Future communication options

8. Planning of Next Steps and Future Meetings (5 Minutes)

All participants

We will discuss additional project ideas, suggestions, and wishes. We will plan the next meeting and define the next steps.