Informed Consent

Informed Page

Name of Project: Clinical study on the immediate analgesic effect of acupuncture in the treatment of acute migraine attacks.

Source of project: This work is financially supported by the National Natural Science Foundation of China (82260964), the "Liang Fanrong Expert Workstation" of Yunnan Province-Yunnan Provincial Science and Technology Plan Project (202305AF150072), the Youth Special of Yunnan Province Ten-thousand Plan (YNWR-QNBJ-2019-257), and the "Liu Zili Famous Doctor" special talent program of the Yunnan Provincial Xing Dian Talent Support Program (Yunnan Party Talent Office [2022] No. 8).

Project research organization: School of Second Clinical medicine/The Second Affiliated Hospital, Yunnan University of Chinese Medicine, Kunming, China.

Research leader: Taipin Guo

Dear patients,

First of all, thank you for your interest in our clinical research! We would like to invite you to participate in a clinical study on the immediate analgesic effect of acupuncture intervention within 10 minutes during acute migraine attacks. This study has been approved by the Medical Ethics Committee of the Second Affiliated Hospital of Yunnan University of Chinese Medicine. Before you decide whether or not to participate in this study, please read the following as carefully as possible. It will help you understand the study and why it is being conducted, the procedures and duration of the study, the benefits, risks and discomforts that may be brought to you by participating in the study. If you wish, you can also discuss it with your relatives and friends or ask your doctor to give explanations to help you make your decision.

Research introduction

I. Research background and research purposes

1. Research background

The contralateral acupuncture is an ancient classical acupuncture technique introduced in classical Chinese literature on acupuncture (*Huang Di Nei Jing*) that is more than 2000 years old.

It refers to the acupoints on the right side (healthy side) are selected for diseases on the left (affected side) and vice versa. Currently, contralateral acupuncture is widely used for unilateral onset diseases including pain and has shown good clinical efficacy. A study published in the journal BMJ showed that contralateral acupuncture has better efficacy in preventing migraine without aura than sham acupuncture and conventional treatment, and can significantly reduce the number of headache days and the number of episodes. Some studies have shown that acupuncture treatment has a faster onset of immediate pain relief and an earlier onset of decreased headache relief compared to oral ibuprofen.

Migraine is a common clinical condition and is the second most disabling condition worldwide, and may affect areas of professional, academic, social, family and personal life, as well as cardiovascular disease, mental illness and sleep disorders. Acupuncture is safe and effective in the treatment of migraine, and its efficacy has been recognised internationally in recent years. Our previous clinical observation found that the rate of complete pain relief after 10 min of acupuncture could reach 82% in patients with migraine without aura using contralateral acupuncture of Shaoyang meridian points. However, due to the problems of relatively small sample size and no control group, its efficacy needs to be further studied.

2. Research purposes

The purpose of this study is to evaluate the immediate analgesic effect of acupuncture intervention within 10 minutes during acute migraine attacks

3. Study expected number of participants

This study is expected to include 80 patients with migraine.

II. Who can participate in this study?

(1) meet the diagnostic criteria for migraine without aura in the International Classification of Headache Disorders ICHD-3 designated by the International Headache Society (IHS) in 2018;
(2) unilateral migraine, male or female, aged between 18 and 60 years;
(3) patients who are experiencing acute migraine attacks;
(4) duration of acute migraine attacks≤ 24 hours;
(5) the severity of headache is moderate to severe (VAS 4-9);
(6) volunteer to participate and sign the informed consent.

III. Who is not suitable for research?

(1) patients with bilateral or alternating unilateral migraine;
(2) any history of head trauma, headache of other types or unknown diagnosis, or cervical headache;
(3) complicated with cardiovascular and cerebrovascular, liver, kidney, hematopoietic system and other serious primary diseases and other organic diseases;
(4) severe anxiety, depression, insomnia and other mental diseases or intellectual disabilities, unable to cooperate with the questionnaire, or infection, bleeding disorders, allergies, skin diseases;
(5) patients who have already taken analgesics since the current migraine attack;
(6) pregnant or lactating patients;
(7) participating in other similar studies.

IV. What will be done if you participate in the research?

If you meet the inclusion criteria and agree to participate, you will first need to undergo relevant tests to check that you meet all the requirements to participate in the study.

1. Before you are included in the study, you will undergo the following tests to determine if you can participate in the study.

(1) Your medical history, clinical signs and symptoms will be interviewed and recorded; you will also be instructed to complete a visual analogue scale score (VAS) to determine whether you meet the inclusion criteria.

2. If you meet the inclusion criteria through the above screening, the study will be conducted according to the following steps:

(1) The trial will be divided into 2 groups. At the beginning of the study, your doctor will decide which group you will receive based on the random numbers provided by the computer.

(2) Acupuncture needle: use the Huatuo brand disposable acupuncture needles produced by Suzhou Medical Supplies Factory Ltd, China. Manufacturer's license number: Su Food and Drug Administration of Machinery Production 20010020; Registration certificate number: 201622770970. specifications of acupuncture are 0.30x(25mm, 40mm).

3. Other matters requiring your cooperation

In the course of treatment, you need to cooperate with the doctor to complete the relevant scale to fill in, truthfully answer the questions asked by the doctor, cooperate with the doctor, and provide feedback on your condition.

V. Possible benefits of participating in the study

You may benefit from this study, including the possibility of improvement in your condition and health education about migraine prevention and treatment.

VI. Adverse reactions, risks and protective measures for participating in the study

You may have soreness, numbness, heaviness and swelling during the acupuncture process, which are all normal reactions to acupuncture. There may be adverse reactions after needling, but they are rare and mild. You may feel dizzy during needling due to your physical condition or emotional stress, which can be relieved after stopping needling and taking proper rest; bleeding and haematoma may occur after needling, which will disappear after local pressure; however, if infection occurs at the site of needling, your doctor will deal with it promptly.

If you experience any discomfort, new changes in your condition, or any unforeseen circumstances during the study period, whether or not they are related to the acupuncture treatment, you should inform your doctor promptly and he/she will make a judgement and give appropriate medical treatment.

VII. Treatment options available to you other than participating in this study

Your doctor will discuss with you the other treatment options currently available for your condition, including the corresponding risks and benefits. For migraine, there are currently anti-inflammatory and analgesic drugs, mainly non-steroidal anti-inflammatory drugs (NSAIDs), which are effective and have side effects such as gastrointestinal bleeding, gastric ulcers and cerebrovascular accidents.

VIII. The relevant costs

All the costs of this project are supported by the National Natural Science Foundation of China (82260964), the "Liang Fanrong Expert Workstation" of Yunnan Province-Yunnan Provincial Science and Technology Plan Project (202305AF150072), the Youth Special of Yunnan Province Ten-thousand Plan (YNWR-QNBJ-2019-257), and the "Liu Zili Famous Doctor" special talent program of the Yunnan Provincial Xing Dian Talent Support Program (Yunnan Party Talent Office [2022] No. 8). If you participate in this study, you will receive free acupuncture treatment during the study period. This study will only observe the efficacy of the treatment once, and if the subsequent relief is not obvious, you can have 2 free acupuncture treatments, and insist on completing the treatment and the follow-up course of treatment. Doctors will make every effort to prevent and treat any harm that may occur as a result of this study. If an adverse event occurs during the clinical trial, a committee of medical experts will determine whether it is related to the acupuncture treatment or the study process. The sponsor will provide the cost of treatment and financial compensation for any harm related to the trial process in accordance with the provisions of China's Code of Practice for the Quality Management of Pharmaceutical Clinical Trials.

During the treatment period, if you have a combination of other medical conditions, the treatment and examination will not be free of charge.

IX.The confidentiality of clinical data

Your medical records (study charts/CRFs, etc.) will be kept intact at the hospital where you are seen. The investigator, ethics committee and drug regulatory authorities will be given access to your medical records. Any public reporting of the results of this study will not disclose your personal identity. We will make every effort to protect the privacy of your personal medical information to the extent permitted by law.

X. You can voluntarily choose to participate in research and withdraw from the study

Whether or not to participate in the research is entirely up to you. You may decline to participate in the study or withdraw from the study at any time during the study, which will not affect your relationship with the doctor and will not affect your medical or other benefits.

In your best interest, your doctor or researcher may discontinue your participation in this study at any time during your research. If you withdraw from the study for any reason, you may be asked about your use of the trial drug.

Your physician will promptly notify you if an important subject-related event or information occurs during the course of the study that may affect your willingness to continue participating in the study.

XI. What should I do now?

Participation in this clinical study is based on a completely voluntary principle and needs to be carried out with your consent and signed informed consent. Whether or not you participate in this clinical study depends entirely on your wishes. You have the right to suspend and withdraw from this research treatment at any time. Exiting this study will not affect your medical treatment.

Your physician may suspend your participation in this study in advance if: Your health condition is not suitable for continued participation, or you may not comply with the research program

requirements.

The doctor will promptly notify you or your legal representative if there is medical information that may affect your willingness to continue your research during the study. Before you decide to participate in this study, please ask your life as much as possible until you fully understand this test study.

If you have any questions, suggestions or complaints about this study, please do not hesitate to discuss them with the research team, whose contact details can be found on the signature page. If you feel inconvenienced to communicate with the research team, you can consult or complain to the Medical Ethics Committee of the Second Affiliated Hospital of Yunnan University of Traditional Chinese Medicine. Ethics Committee contact number:15125208547.

Thank you for reading the above material. If you decide to take part in this study, please let your doctor know and he/she will make all the arrangements for you to study.

Informed Consent

Signature Page

1. I have carefully read the contents of the informed consent form, and the researchers have answered my questions.

2. Having fully understood the purpose, methods, possible therapeutic benefits and risks to be encountered and other terms of this clinical study as mentioned in the informed consent form, I voluntarily participate in this study and promise to cooperate fully with the investigators.

3. I understand that I can withdraw from the study at any time and I do not need any reason. The medical services I receive and the legal rights I enjoy are not affected at all.

Finally, I decided to agree to participate in this study and to ensure compliance with my doctor's advice.

Subject Signature: _____ Date: _____

Contact Number: _____

I have explained fully detail to the subjects, including the potential risks.

Doctor/Researcher Signature: _____ Date: _____

Contact Number: _____

知情同意书

告知页

项目名称：针刺治疗偏头痛急性发作期即刻镇痛效果的临床研究

项目来源：国家自然科学基金项目(82260964)、云南省-云南省科技计划项目(202305AF150072)“梁繁荣专家工作站”、云南省万计划青年专项(YNWR-QNBJ-2019-257)、云南省兴滇人才支持计划“刘自立博士”特聘人才项目(云南省党办人人办[2022]8 号)资助。

课题研究单位：云南中医药大学针灸推拿康复学院/第二附属医院

项目负责人：郭太品

亲爱的患者:

首先，感谢您对我们这项临床研究的关注！我们将邀请您参加一项“针刺治疗偏头痛急性发作期即刻镇痛效果的临床研究”。本研究已通过云南中医药大学第二附属医院医学伦理委员会审核，同意进行临床研究。在您决定是否参加这项研究之前，请尽可能仔细阅读以下内容。它可以帮助您了解该项研究以及为何要进行这项研究，研究的程序和期限，参加研究后可能给您带来的益处、风险和不适。如果您愿意，您也可以和您的亲属、朋友一起讨论，或者请医生给予解释，帮助您做出决定。

研究介绍

一、研究背景和目的

1. 研究背景

巨刺法是中国古典针灸文献《黄帝内经》中介绍的一种古老的经典针灸技术，距今已有2000 多年的历史。它指的是选择右侧(健康侧)的穴位来治疗左侧(患病侧)的疾病，反之亦然。目前，巨刺法被广泛应用于包括疼痛在内的单侧发病疾病，并显示出良好的临床疗效。发表在《英国医学杂志》(BMJ)上的一项研究表明，巨刺法在预防无先兆偏头痛方面的疗效优于假针灸和常规治疗，并能显著减少头痛天数和发作次数。一些研究表明，与口服布洛芬相比，针灸治疗可以更快地立即缓解疼痛，更早地缓解头痛。

偏头痛是一种常见的临床疾病，是全球第二大致残疾病，可能影响专业、学术、社会、家庭和个人生活领域，以及心血管疾病、精神疾病和睡眠障碍。针灸治疗偏头痛安全有效，近年来其疗效已得到国际认可。我们前期临床观察发现，对侧针刺少阳经穴治疗无先兆偏头

痛患者，针刺 10 min 后疼痛完全缓解率可达 82%。但因存在样本量相对较小，未设置对照组等问题，其疗效有待进一步研究。

2. 研究目的

这项研究的目的是评估针刺干预在急性偏头痛发作 10 分钟内的即时镇痛效果。

3. 研究预计纳入参试者例数

本研究预计纳入 80 例偏头痛患者。

二、哪些人能参加这项研究?

1.符合以下条件的人，将会被邀请参加这项研究:

(1)符合国际头痛学会(IHS) 2018 年指定的国际头痛疾病分类 ICHD-3 中无先兆偏头痛的诊断标准;

(2) 单侧偏头痛，男性或女性，年龄在 18 岁至 60 岁之间;

(3) 急性偏头痛发作的患者;

(4) 急性偏头痛发作≤6 小时;

(5) 头痛严重程度为中度至重度(VAS 4-9);

(6) 自愿参与并签署知情同意书。

三、哪些人不宜参加本研究

(1) 双侧或交替单侧偏头痛患者;

(2) 有头部外伤史、其他类型或不明诊断的头痛或颈性头痛;

(3) 合并心脑血管、肝、肾、造血系统等严重原发疾病及其他器质性疾病的;

(4) 严重焦虑、抑郁、失眠等精神疾病或智力障碍，无法配合问卷调查，或感染、出血性疾病、过敏、皮肤病;

(5) 偏头痛发作后曾服用过镇痛药的患者;

(6) 孕妇、哺乳期患者;

(7) 参与其他类似研究。

四、如果参加研究将要做什么?

1. 在您入选研究前:

(1) 医生将询问并记录您的病史、临床症状和体征；医生还将指导您填写头痛发作强度视觉模拟量表评分（visual analog scale score, VAS）等，以确定您是否符合纳入的标准。

2. 若您通过以上筛查符合纳入标准，将按以下步骤进行研究

（1）试验将分为 2 组。在研究开始时，你的医生将根据电脑提供的随机数决定你将接受哪一组。

（2）针灸针:使用中国苏州医疗用品厂有限公司生产的华佗牌一次性针灸针。生产企业许可证号:苏食品药品监督管理局机械生产 20010020;注册证号码:201622770970。针灸规格为 0.30 × (25mm、40mm)。

3. 需要您配合的其他事项

在治疗过程中，您需要配合医生完成相关量表填写，如实回答医生提问的问题，配合医生，对您病情进行反馈。

五、参加研究可能的受益

您将可能从本项研究中受益。此种受益包括您的病情有可能获得改善，以及对您进行预防偏头痛发生的健康教育。

六、参加研究可能的不良反应、风险和不适、不方便

针刺过程中您可能会有酸、麻、重、胀的感觉，这均为针刺的正常反应。针刺后可能存在不良反应，但较少而轻微，针刺时可能因为您的体质问题或情绪紧张出现晕针现象，停止针刺和适当休息后可缓解；针刺后可能出现出血、血肿等现象，经局部按压后可消失；但如果针刺部位出现感染，您的医生会及时处理。

如果在研究期间您出现任何不适，或病情发生新的变化，或任何意外情况，不管是否与针刺治疗有关，均应及时通知您的医生，他/她将对此作出判断并给与适当的医疗处理。

七、除参加本研究外，您可选的其他治疗

您的医生将与您讨论目前针对您的病情可选择的其他治疗方案，包括相应的风险和益处。针对偏头痛的患者，目前可以选择非甾体类抗炎药(NSAIDS) 为主的消炎镇痛药进行治疗，作用效果较好，主要存在胃肠道出血、胃溃疡、脑血管意外等副作用。

八、有关费用

本课题所有费用由国家自然科学基金项目(82260964)、云南省-云南省科技计划项目(202305AF150072)“梁繁荣专家工作站”、云南省“万人计划”青年拔尖人才专项

（YNWR-QNBJ-2019-257）和云南省兴滇英才支持计划“名医”专项（云党人才办[2022]18号）项目资助。如您参见本研究，在研究期间，将得到相关免费针刺治疗。本研究仅观察治疗一次的疗效，如后续疗效缓解不明显，可免费做 2 次针刺治疗，坚持完成治疗与随访疗程。医生将尽全力预防和治疗由于本研究可能带来的伤害。如果在临床试验中出现不良事件，医学专家委员会将会鉴定其是否与针刺治疗或研究过程有关。申办者将按照我国《药物临床试验质量管理规范》的规定对与试验过程中相关的损害提供治疗的费用及相应的经济补偿。

在治疗期间，如果您同时合并其他疾病所需的治疗和检查，也将不在免费的范围之内。

九、个人信息是保密的吗?

您的医疗记录（研究病历/CRF 等）将完整地保存在您所就诊的医院。研究者、伦理委员会和药品监督管理部门将被允许查阅您的医疗记录。任何有关本项研究结果的公开报告将不会披露您的个人身份。我们将在法律允许的范围内，尽一切努力保护您个人医疗资料的隐私。

十、可以自愿选择参加研究和中途退出研究

是否参加研究完全取决于您的意愿。您可以拒绝参加此项研究，或在研究过程中的任何时间退出本研究，这都不会影响您和医生间的关系，都不会影响您的医疗待遇与权益，或有其他方面利益的损失。

出于对您的最大利益考虑，医生或研究者可能会在研究过程中随时中止您继续参加本项研究。如果您因为任何原因从研究中退出，您可能被询问有关您接受针灸或药物治疗的情况。

研究过程中如果发生与受试者相关的重要事件或信息，可能会影响您继续参加研究的意愿时，您的医生将及时通知您。

十一、怎样获得更多的信息?

参加本项临床研究，本着完全自愿的原则，需要在您同意并签署知情同意书的前提下进行。是否参加本项临床研究，完全取决于您本人的意愿，您有权在任何时候选择中止和退出本项研究性治疗，退出本研究并不会影响您的医疗待遇。

您的医师可以在下列情况下提前中止您继续参加本项研究：您的健康状况不适合继续参加，或者您不能遵守研究方案的要求。

如在研究过程中出现可能影响您继续参加研究意愿的医学信息，医生将及时通知您或者

您的法定代表。在您做出参加本研究的决定前，请尽可能向您的医生询问有关问题，直至您对本项试验研究完全理解。

如您对这项研究存在任何疑问、建议或投诉，请及时与研究团队讨论，联系方式见签字页。如您感觉不便与研究团队沟通，可向云南中医药大学第二附属医院医学伦理委员会进行咨询或投诉。伦理委员会联系电话:15125208547。

感谢您阅读以上材料。如果您决定参加本项研究，请告诉您的医生， 他/她会为您安排切有关研究的事务。

知情同意书

签字页

1. 我已经仔细阅读了知情同意书告知页的内容，研究者已解答了我提出的疑问。

2. 我在充分理解了知情同意书提及的本项临床研究的目的、方法、可能获得的治疗利益和可能遇到的风险以及其他条款后，自愿参加此项研究，并承诺与研究者充分合作。

3. 我明白我可在任何时候退出研究，并且不需要任何理由，我得到的医疗服务和享有的法律权利不受任何影响。

最后，我决定同意参加本项研究，并保证遵从医嘱。

受试者签名:_____ 日期：_____年_____月_____

联系电话:_____

我确认已向患者解释了本研究的详细情况，包括其权力及可能的受益和风险。

医生/研究者签名:_____ 日期：_____年_____月_____

联系电话:_____