Uniformed Services of the Health Sciences
CONSENT TO PARTICIPATE IN RESEARCH
Title: Single-Blind, Randomized, Controlled Pilot Trial of a Cognitive-Behavioral Therapy Digital Therapeutic Delivered Online for Post-Traumatic Headaches in Adults with History of Concussive Traumatic Brain Injury

You may be eligible to take part in this research study. This form gives you important information about the study.

Please take time to carefully review this information. You should talk to the researchers about the research study and ask them any questions you have. You may also wish to talk to others (for example, your friends, family, or your personal physician) about your potential participation in this research study. You do not have to take part in this study. Participation is voluntary. You may also leave the research study at any time without penalization.

1. KEY INFORMATION:

The following information is provided so you can decide if you want and agree (consent) to participate in this research study. Your participation is voluntary. You do not have to participate if you don't want to.

This study is investigating two new digital therapeutic (DTx) online programs. These programs were developed for current or former military personnel with post-traumatic headache and a history of mild traumatic brain injury (mTBI). Mild TBI is also known as concussion.

The goal of this study is to learn whether using these online programs will reduce post traumatic headache symptoms. Around 100 participants will be enrolled over a year and a half. Participation is 100% virtual. Subjects will participate remotely and will not interact with the study team in person. Interactions between you and the study team occur via email, text message, telephone or video conference.

First you will provide informed consent. Then research staff will assess your eligibility. If you are eligible, you will be enrolled in the trial. Then you will be randomly assigned to one of two DTx online programs: (1) a cognitive-behavioral therapy intervention, or (2) an educational intervention.

You will:

- Have access for a period of 12 weeks
- Spend approximately 20 minutes-3 hours per week using your assigned DTx
- Be required to have reliable access to the internet

It is possible that participants in this study may benefit by reducing post-traumatic headache symptoms. But there is no guarantee that you will benefit from being in this research study. Possible risks include:

- Emotional distress
- Unauthorized access to study records
- Other risks related to participation that we do not know about

There may be other options for treating your post-traumatic headaches. Alternative treatments include:

- In-person cognitive behavioral therapy (CBT)
- Other types of in-person therapy
- Medication

You should talk with your personal physician about these alternative options. It is important to speak with the study investigator if you have any questions or concerns about participating.

Your decision will not affect your future care at:

- the Uniformed Services University of the Health Sciences (USUHS)
- Military Health System (MHS)
- Department of Veterans Affairs (VA)
- Any treatment facility where you may be receiving clinical care.

If you decide to take part in this research study, you will be asked to sign this document. Before you sign this document, be sure you understand what the research study is about in all sections of the consent form, including the risks and possible benefits to you.

Please tell the researchers if you are taking part in another research study.

2. WHAT IS THE PURPOSE AND DURATION OF THIS RESEARCH AND WHO WILL TAKE PART?

You are being asked to take part in this research study because:

- You are a current or former service member of the United States military or civilian (physically in the US, OCONUS, and military facilities subject to US law)
- You have symptoms of post-traumatic headache.
- You have a history of concussive traumatic brain injury (TBI), also known as mild TBI or concussion.

The purpose of this research study is to determine if a new DTx online program is effective for treating post-traumatic headache symptoms in current or former service members or civilians with a history of concussion. This program is based in cognitive-behavioral therapy (CBT). This type of therapy focuses on how you think. CBT is usually an in-person treatment. In-person CBT has been well-researched. It is effective for post-traumatic headaches. However, in-person CBT is not always available. An effective DTx would expand the availability of CBT.

This is a remote trial. It is completed over the telephone and the internet. This means there will be no in-person visits. This remote study will include approximately 100 participants. It will last about a year and a half. Your participation will last about 4 months.

This study is looking at two DTx online programs for post-traumatic headache symptoms after one or more concussions: (1) a CBT intervention compared to (2) an educational intervention. These online programs have not been studied before. This means that the online programs are considered experimental for managing post-traumatic headache after concussion or mild TBI. These online interventions are not FDA approved medical devices.

At the end of this research study the clinical results, including research results about you will not be shared with you.

3. SCREENING PROCESS TO QUALIFY FOR PARTICIPATION IN THIS STUDY:

Before you can take part in this study, you will need to provide some information so that the Investigator can confirm that you qualify for the study. This is called the "Screening Process". There are several reasons you may not qualify for this research study. Some of these include current engagement in psychotherapeutic treatment within 8 weeks prior to enrollment, change or discontinuation of headache prophylaxis in the past 8 weeks, or active psychotic or bipolar symptoms.

The Screening Process is done on the phone or videoconference. There will be yes or no questions about your medical history and current symptoms. We will ask these questions after we finish reviewing the informed consent document.

4. WHAT WILL HAPPEN IF YOU DECIDE TO BE IN THIS RESEARCH?

Before you can enroll in the trial, a member of the study team will review this informed consent form with you and give you the opportunity to ask any questions. Once the consent document is signed, you will be screened for the study. If you are eligible, you will be enrolled in the study and in "Week 0" of the schedule below. This is your initial baseline interview. Once that is complete you will be randomized to one of the two interventions.

If you agree to participate in this study and you are eligible, your participation will last about 4 months. This is a remote trial. It is completed over the telephone and the internet with a smartphone or other device. This means there will be no in-person visits. During the baseline telephone call or video conference there will be questions about:

- Demographics
- Medical history
- Current medications and therapies
- Expectations
- Behavioral assessments

The behavioral assessments are about post-traumatic headache symptoms, quality of life, sleep, personality, and any posttraumatic stress you may experience. We will also ask for the contact information of a family member, friend, or doctor that we can contact in case of an emergency. This is optional, and research staff will not share any information regarding your participation in the trial should you decide to provide an emergency contact.

Subjects who do not consent to having an emergency contact in case of a mental health crisis will be directed to other mental health resources provided by the study team.

During the baseline telephone call or video conference, you will be randomly assigned to one of two groups. Randomization is a process like flipping a coin and means you will have an equal chance of being assigned to either group. You have a 50% chance of being assigned to the CBT intervention or the educational comparison intervention. The comparison intervention will include information regarding concussive TBI and post-traumatic headache but differs from the CBT intervention being tested to compare the potential effect.

This research study is a single-blind study, which means that you will not know whether you are receiving the CBT intervention or the educational intervention. After completion of the followup assessments at Week 16, participants who were randomized to the educational comparison intervention will have the opportunity to access the CBT intervention, should they so choose.

Research staff will take you through the process to access the online intervention. The first 12 weeks of the study are called the Intervention Period. This is how long you will have access to your assigned online program. Depending on the week, you may be asked to access your assigned intervention daily or just a few times. Each week you may spend anywhere from 20 minutes to 3 hours using the assigned intervention. More instructions will be given in each online program. Your use of the online program will be tracked so that the research team can learn about how you use it and which parts you use the most. This information may be used to help improve future versions of the DTx.

Every other week in the Intervention Period, you will be asked to repeat some or all of the behavioral outcome measures. This will be done separately from your online program. Research staff will send you an internet link via email or text message. The link leads to a secure webpage where you will answer the questions. This website is mobile friendly. You can complete the questions via the internet on your smartphone. If you prefer, the questions can be accessed via the internet on your personal computer. These questions will take about 15 minutes to 1 hour to complete.

When you complete the Intervention Period, research staff will send you another internet link. This is to complete post-intervention assessments which will take approximately 45 minutes to 1 hour. At that time, we will also ask you for your opinions about the online intervention and which group you thought you were assigned to. There will be a final set of questions one month after the intervention period ends that will take approximately 30 minutes to 45 minutes.

Schedule of Assessments	
Consent	Phone or Videoconference - 30 minutes to 1 hour
Screening Process	Phone or Videoconference - 15 to 20 minutes
Week 0 (randomization)	Phone or Videoconference Assessments - 30 to 45 minutes Online Assessments - 30 minutes to 1 hour
Beginning of assigned DTx Access	
End of Week 1	*No assessments*
End of Week 2	Online Assessments - 15 minutes
End of Week 3	*No assessments*
End of Week 4	Online Assessments- 30 minutes to 45 minutes
End of Week 5	*No assessments*

End of Week 6	Online Assessments - 15 minutes
End of Week 7	*No assessments*
End of Week 8	Online Assessments - 15 minutes
End of Week 9	*No assessments*
End of Week 10	Online Assessments - 15 minutes
End of Week 11	*No assessments*
End of Week 12	Online Assessments - 45 minutes to 1 hour
End of assigned DTx access	
End of Week 16	Online Assessments- 30 minutes to 45 minutes
Open-Label Intervention	Participants who were assigned to the educational comparison group will be offered access to the online CBT intervention for 12 weeks (up to 16 if the participant misses a session and needs additional time to complete). Technical support will be provided. You will be asked to complete an assessment every other week for safety.

The research team may contact you via email, telephone, and/or text messaging during your participation. This is to track online program compliance and/or send reminders to complete research assessments. We will set up a personalized reminder plan after you have downloaded your assigned intervention.

Research staff will be reachable via phone, text messaging, or email if you have any technical issues with the online intervention. Research staff will be available between the hours of 9:00am and 5:00pm Monday through Friday Eastern Time, and correspondence will typically be answered in the same day. After hours correspondence will be answered within 24 business hours, whenever possible.

This study is not intended to replace the standard care that you may be receiving for your symptoms. While participating in this study, you will be asked to ensure that you have access to regular care for mental health and to speak with your provider as necessary. You should notify your treatment team if you have one that you are participating in this research study. During the study, your provider may ask you to start new or additional headache medications. Please ensure to notify the study team of all medications that you are currently taking and new medications that you start or stop during your participation in this study.

5. WHAT ARE THE RISKS OR DISCOMFORTS FROM BEING IN THIS RESEARCH?

There are risks, discomforts, and inconveniences associated with any research study. These deserve careful thought. You should speak with the study investigator if you have any questions. If you choose to take part in this study, there is a risk of:
Some of the questions asked during behavioral assessments are sensitive and personal in nature. Answering these may cause distress. You do not have to answer any questions that you do not want to. We ask that you complete the questions to the best of your ability and comfort level. Even if you don't answer some questions, you may continue to remain in the study.

Additionally, you are free to withdraw from study participation at any time. A member of the study team will be available for consultation to address questions and concerns during your participation in the study via email, telephone, or text during regular business hours (9:00am- 5 :00pm Eastern Time).

Although efforts are made to protect your research study records, there is always a risk that someone could get access to the personal information in your research records or other information researchers have stored about you. See section 16 for more information about the safety of your data.

There may also be other risks of taking part in this study that we do not yet know about.

If you experience any thoughts or feelings that require an immediate response or action, you may contact the study team via mobile telephone at 301-461-4322, during regular business hours (9:00am- 5:00pm); or you may contact the National Suicide and Crisis Lifeline at 1-800-273-8255 or 988 or the Military/Veterans Crisis Line at 1-800-273-8255 or 988. Military or veterans should press 1 after calling either number. These services offer a free and confidential support line, via telephone, chat, or text 24/7. You can also visit https://988lifeline.org or https://www.veteranscrisisline.net for more information. Chat and text services may also be available at these sites.

If you are calling from overseas the country code to reach the United States will be required for each of these numbers, depending on your location. Each of these numbers is assigned to a different U.S. Department of Defense Area of Responsibility. You can also visit https://www.veteranscrisisline.net/get-help-now/military-crisis-line/

NORTHCOM	PACOM	EUCOM	CENTCOM	AFRICOM	SOUTHCOM
Dial 988 then Press 1	Call +1 844-702-5493 (off base) or DSN 988 (on base)	Call +1 844-702-5495 (off base) or DSN 988 (on base)	Call +1 855-422-7719 (off base) or DSN 988 (on base)	Call +1 888-482-6054 (off base) or DSN 988 (on base)	Call +1 866-989-9599 (off base) or DSN 988 (on base)

If you're calling outside the United States, Canada, or Mexico, and are off base, you're responsible for long-distance international charges from your carrier, even if you're dialing a toll-free number.

If you can't reach the Veterans Crisis Line through phone dialing, you can use their chat service, which is available online in all locations with an internet connection at VeteransCrisisLine.net/Chat. U.S. short codes, such as 838255, only work if you're on a U.S.-based service provider with an international service plan that allows texting to U.S. short codes from outside the United States.

If you're unsure about your plan or have questions, contact your service provider's customer service for information on your plan and any additional charges. Note that even if your plan includes international texting, there may be limits on the number of texts you can send or receive. Check with your provider for details.

6. WHAT ARE THE POSSIBLE BENEFITS FROM THIS RESEARCH?

The possible benefits to you as a research participant in this research study are a reduction in post-traumatic headache symptoms. However, there is no guarantee that you will benefit from being in this research. Taking part in this study may help our understanding of how DTx and other programs for post-traumatic headache symptoms after concussive TBI work. It may potentially benefit other current and former service members or civilians with similar challenges in the future.

7. WHAT ARE THE ALTERNATIVES TO TAKING PART IN THIS RESEARCH?

There may be other options for treating your post-traumatic headache symptoms. Alternative treatments and/or procedures that may be available to you include:

- In-person CBT
- Supportive therapy
- Other types of in-person therapy
- Medications

You should talk with your personal physician about these options. Choosing not to take part in this research study is also an option. There may be other research studies involving experimental interventions that could be helpful to your condition.

8. IS THERE COMPENSATION FOR YOUR PARTICIPATION IN THIS RESEARCH?

You could receive compensation for participating in this study. You could receive up to $50. Monetary compensation in the form of gift cards is being offered as a part of this study. Participants will receive $25 dollars for successfully completing study measures and questionnaires (at least 10 of the 12 forms) at the conclusion of week 12 end of intervention assessment and an additional $25 for the completion of assessments (at least 6 of the 7 forms) at the end of week 16 follow-up assessment. Compensation is not dependent on amount of time or completion of the online CBT intervention or education program. Participants could potentially be compensated a total of $50.

Compensation of DoD Personnel in Research Studies: The DoD has very specific requirements regarding compensation paid to DoD employees. DoDI 3216.02, "Protection of Human Subjects and Adherence to Ethical Standards in DoD-Supported Research," states that compensation to DoD-affiliated personnel for participation in research while on duty is prohibited in accordance with Title 5, U.S.C., with particular reference to Subparts G and H, with some exceptions for purposes consistent with Section 30 of Title 24, U.S.C. The summary of current compensation allowances for federal personnel, including the military, is as follows:

On-duty federal personnel, including military members:

- Compensation is not allowed for general research participation

Off-duty federal personnel, including military members

- Compensation is allowed for general research participation, as approved by the IRB. Payment may not come directly from a federal source. Payment from a federal contractor or non-federal source is permissible.

In order to provide compensation to you as part of your trial participation, the following information is required and will be collected by your Study Coordinator or research team member.

- First & Last Name
- Address (Street/City/State/Postal Code)
- Date of Birth
- Phone Number

- E-Mail Address
- SSN
- Trial Participant ID

You can select your payment method by downloading the Mural Health App on your phone. Your payment choices include:

- Venmo
- PayPal
- Check
- Direct Deposit
- Physical Debit Card
- Virtual Debit Card

Your study coordinator or research team member will collect your address, date of birth, phone number and email address to register you in Mural Health so that you can receive payment for participation in the study. This information will be shared only with the necessary parties to facilitate the payment processes. If at any time you no longer wish to have your information shared with Mural Link, you can notify your study coordinator accordingly. For further information regarding Mural Link's privacy policy, please visit: **muralhealth.com/privacy-policy**.

In order to receive payment for your participation in this study, you may be asked to provide your social security number and home address on a W-9 form. The W-9 form will be sent to the Accounts Payable office at the Henry M. Jackson Foundation for the Advancement of Military Medicine, Inc. (HJF). If you receive $600 or more for taking part in a combination of research studies in one tax year, you will be sent a 1099 form from HJF for tax purposes.

You may decide to opt out of compensation and still participate. If you decide not to be compensated, you will not be asked to provide this information.

___ YES, I do want to be compensated and authorize the study team to collect my first and last name, address, date of birth, phone number, email, Social Security Number, and trial participant ID.

___ NO, I do not wish to provide this information and will decline compensation during participation in this study.

9. ARE THERE COSTS FOR PARTICIPATING IN THIS RESEARCH?

No, there are no costs to you for taking part in this research study. Participants will receive access to their randomly assigned intervention online at no costs to them. Participants randomized to the educational intervention will receive open-label at no cost to them for 12-16 weeks.

10. PRINCIPAL INVESTIGATOR (the persons responsible for the scientific and technical direction of the study):

David L. Brody, MD, PhD
Professor of Neurology, Uniformed Services University of the Health Sciences
david.brody@usuhs.edu

11. STUDY SPONSOR (the organization or persons who oversee the study and are responsible for analyzing the study data):

This study is sponsored by the Military Traumatic Brain Injury Initiative (MTBI2). The MTBI^2 was created as a research partnership between military treatment facilities in the National Capital Area and the National Institutes of Health (NIH). The MTBI^2 focuses on the diagnosis and treatment of TBI.

Military Traumatic Brain Injury Initiative
6720b Rockledge Drive, Suite 200
Bethesda, MD 20817
(301) 295-6450

12. SOURCE OF FUNDING:

This study is funded by MTBI2.

13. LOCATION OF THE RESEARCH:

Administrative activities will be performed at:

Military Traumatic Brain Injury Initiative
6720b Rockledge Drive, Suite 200
Bethesda, MD 20817
(301) 295-6450

All clinical assessments and interaction with the study team will take place electronically via email, text message, telephone, or video teleconference.

14. DISCLOSURE OF FINANCIAL INTERESTS AND OTHER PERSONAL ARRANGEMENTS:

The sponsor of this research study has agreed to reimburse USUHS for some of the costs related to your participation in this study. Reimbursements will include staffing and material expenses for research activities that would not otherwise be performed through standard medical care such as use of information technology and electronic database services.

15. WHO WILL SEE YOUR INFORMATION (PRIVACY) AND HOW WILL IT BE PROTECTED (CONFIDENTIALITY)?

Records of your participation in this research study may only be disclosed in accordance with state and federal law, including the Federal Privacy Act, 5 U.S.C.552a, and its implementing regulations. DD Form 2005, Privacy Act Statement - Military Health Records, contains the Privacy Act Statement for the records. A copy of DD Form 2005 can be given to you upon request, or you can read on-line at:
https://www.esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd2005.pdf

The research team will keep your research records. These records may be looked at by staff from MTBI2, USUHS, NIH, the Institutional Review Board (IRB), and the DoD Higher Level Review as part of their duties. These duties include making sure that the research participants are protected. Confidentiality of your records will be protected to the extent possible under existing regulations and laws but cannot be guaranteed.

Procedures to protect the confidentiality of the data in this study include but are not limited to: After you consent, you will get a study identification number. This number will mask your personal information. All study data is kept in a secure electronic database. The data is behind a protected NIH firewall. A firewall is a protection or barrier within a computer to protect the information from being viewed by unauthorized people. Only approved study staff will have access to your personal information.

Researchers will make every effort to protect your privacy and confidentiality; however, there are risks of breach of information security and information loss.

A description of this clinical trial will be available on http://www.ClinicalTrials.gov as required by U.S. Law. This web site will not include information that can identify you. At most, the Web site will include a summary of results. You can search this Web site at any time.

Information gained from your participation in this research study may be published in literature, discussed for educational purposes, and used generally to further science. You will not be personally identified when your information is shared in these ways; all information will be de-identified.

By signing this document, you give your permission for information gained from your participation in this research study to be published in the literature, discussed for educational purposes, and used generally to further science. You will not be personally identified; all information will be presented as anonymous data.

Additional Research Studies

You may be eligible for other MTBI2-funded or MTBI2-collaborative studies. If you would like to be referred to these research studies through a MTBI2 participant referral program (TROOPS), please visit https://casa.health.mil/proforms/selfreporting/subjectEnrollmentRegistration.action. Your participation in this program is voluntary. If you decide to take part, you will be asked to provide some information about yourself and your health, which will be used to determine your eligibility for MTBI2-funded and collaborative studies. Please contact mtbi2-studies@usuhs.edu with any questions that you may have about participating in this referral program.

In addition, you may provide consent for study staff to provide your name and contact information (email, phone number) to the TROOPS staff. Your information will be sent securely and will not be shared with anyone else. This is voluntary. Please indicate your choice below. With regard to sharing my contact information with TROOPS MTBI2 investigators and approved study staff:

__ YES, I authorize the sharing of my contact information with TROOPS staff

__ NO, I do not authorize sharing of my contact information with TROOPS staff.

16. LONG TERM USE OF DATA:

The investigator has requested to save selected data collected from your participation in this research study for possible use in future research. Data with identifiers removed will be shared with the following repositories:

(1) The MTBI^2 Data Repository;
(2) The Federal Interagency Traumatic Brain Injury Research (FITBIR) database

The MTBI^2 Data Repository collects and stores de-identified research data from MTBI^2 funded studies. The FITBIR database stores and links TBI related research data from participants in TBI studies. It was made by the DoD and NIH. These data may be used for TBI related-research. No data that can identify you will be shared with either database. Deidentified data shared with these databases will be stored indefinitely.

Any future research using your retained data will require a research protocol for the proposed study approved by an IRB (a committee responsible for protecting research participants) or other authorized official responsible for protecting human subjects of research. The data protections for privacy and confidentiality described in this consent form will apply to any future use of your stored data.

17. VOLUNTARY PARTICIPATION

The decision to take part in this research study is completely voluntary on your part which means you do not have to take part if you do not want to. You may also leave the research study at any time. If you choose not to take part in this research study or if you leave the study before it is finished, there will be no penalty or loss of benefits to which you are otherwise entitled.

You will be informed if significant new findings develop during the course of this research study that may relate to your decision to continue participation.

18. WHAT HAPPENS IF I WITHDRAW FROM THIS RESEARCH?

You may withdraw your consent at any time and stop participating in this research study without affecting your eligibility for care or any other benefits to which you are entitled. Should you choose to withdraw, you must let research staff know as soon as possible.

If you are receiving treatment as part of this research study, you will no longer be eligible for such research-related treatment. Contact your personal physician to discuss medical treatment for your condition.

Data collected up until the point of withdrawal may be used in data analysis.

The principal investigator of this research study may terminate your participation in this research study at any time if they determine this to be in your best interest, if you are unable to comply with the procedures required, or if you no longer meet eligibility criteria.

19. CONTACT INFORMATION:

Principal Investigator (Pl)

The Principal Investigator or a member of the research staff will be available to answer any questions throughout this study.
David L. Brody, MD, PhD
Phone: 301-295-9483
Mailing Address:

Professor of Neurology, Uniformed Services University of the Health Sciences
6720B Rockledge Drive, Suite 200
Bethesda, MD 20817

Study Team
Call or text: 301-461-4322
Email: AMMO@usuhs.edu

Institutional Review Board (IRB) Office

If you have any questions about your rights as a research participant or if you have concerns or complaints about the research study, please contact the IRB Office at:

Uniformed Services University of the Health Sciences
4301 Jones Bridge Rd
Bethesda, MD 20814
301-295-3303

IF THERE IS ANY PORTION OF THIS DOCUMENT THAT YOU DO NOT UNDERSTAND, ASK THE INVESTIGATOR BEFORE SIGNING. YOU MAY CONSULT WITH YOUR PERSONAL PHYSICIAN OR LEGAL ADVISOR, IF YOU WISH.

A signed and dated copy of this document will be given to you.

SIGNATURE OF PARTICIPANT

BY SIGNING THIS CONSENT FORM, YOU FREELY AGREE TO TAKE PART IN THE RESEARCH IT DESCRIBES

- ☐ I agree to take part in the research described in this consent form.
- ☐ I agree that by checking this box, entering my legal name and my personal identifying nonword, I am providing an electronic mark that is held to the same standard as a legally binding equivalent of a handwritten signature.

_____
Printed Name of Participant

_____ _____ _____
Participant's Personal Identifying Nonword Date Time

(USUHS) IRB 1
IRB NUMBER: USUHS.2023-116
IRB APPROVAL DATE: 02/07/2025
IRB EXPIRATION DATE: 10/24/2025

SIGNATURE OF INDIVIDUAL ADMINISTERING CONSENT
(can only be signed by an investigator or staff approved to administer consent)

_____
Printed Name of Administering Individual

_____	_____	_____
Signature of Administering Individual	Date	Time

(USUHS) IRB 1
IRB NUMBER: USUHS.2023-116
IRB APPROVAL DATE: 02/07/2025
IRB EXPIRATION DATE: 10/24/2025